

A black and white photograph of a man with a friendly smile, showing his teeth. He is shirtless and has a well-defined physique. The background is a blurred gym environment with various pieces of equipment.

BONUS PROGRAM BY MATTHIEU DUBREUCQ



WEEK 1

MONDAY

WARMUP	5 minutes 10 renegade row 10 pushups 20 towel shuttle
TECHNIQUE	EMOTM 8 1 : 10 CTB pullups 2 : 60 single unders
WOD	5 rounds each for time 20 HSPU 30 Deadlifts 135-95 40 situps 50 Double unders Rest 3 minutes
FINISHER	5 minutes 30 seconds Plank Knee jumps
SECOND SESSION A	30 minutes Zone 2 on a Erg
SECOND SESSION B	Bench Press 2-2-2-2-2-2-2
SECOND SESSION C	3 sets 30 GHD situps 20 ring dips

TUESDAY

WARMUP	5 minutes 10 air squats 10 push-ups 10 ring row
TECHNIQUE	EMOTM 10 1 : 10 burpees 2 : 3 back squats
WOD	AMRAP 10 20 T2B 20 Box jumps 30-24"
FINISHER	5 minutes 30 secondes Double unders Knee raise hold
SECOND SESSION A	10 rounds of Cindy 5 pullups 10 pushups 15 air squats
SECOND SESSION B	3 x 50 cal assault bike Start every 5 minutes
SECOND SESSION C	Front Squats 2-2-2 Squat clean 2-2-2

WEEK 1

WEDNESDAY

WARMUP	5 minutes 10 medball clean 10 alternated V ups
TECHNIQUE	7 sets go every 2 minutes 2 Hang power Snatch
WOD	For time 50 cal row 40 bar muscle up 30 cal bike erg 20 ring dips
FINISHER	5 minutes 30 seconds ch. DB walk DB OH lunges
SECOND SESSION A	5 times 200m run 8 DL 365lbs-255lbs Go at a relaxe running pace. UB on DL
SECOND SESSION B	5 times 1 x on the handstand ramp 20 Hip extensions
SECOND SESSION C	Use your 2000m pace 3 x 500m Row with 30 secondes rest in between

THURSDAY

WARMUP	5 minutes 10 air squats 10 birdog 10 sit ups
TECHNIQUE	EMOTM 10 1 : 4 wallwalks 2 : 3 Squat cleans heavy (80%)
WOD	Heavy Nancy 5 rounds 400m run 15 OH squats 135-95lbs
FINISHER	5 minutes 30 seconds each 1 DB clean Mtn Climbers
SECOND SESSION A	With a sled 3 x 400m walk
SECOND SESSION B	7 x 1 rep back squat 90% Rest as needed
SECOND SESSION C	Accumulate 2 minutes of hanging Lsit



WEEK 1

FRIDAY

WARMUP	5 minutes 5 burpees 10 ring row 30 single unders
TECHNIQUE	EMOTM 12 1 : 250m-200m row 2 : 15-12 cal ski erg 3 : 18-14 cal bike
WOD	21-15-9 Hang clean 115-75lbs Thrusters 115-75lbs CTB pullups
FINISHER	5 minutes 30 seconds Knee raise Sit ups
SECOND SESSION A	400m run 50 burpees box jump over 24-20" 400m run
SECOND SESSION B	Snatch Balance 2-2-2 Snatch 3-2-2-1
SECOND SESSION C	20 minutes Zone 2 on a erg

WEEK 2

MONDAY

WARMUP	5 minutes 10 air squats 20 mtn climbers 30 single unders
TECHNIQUE	Front squats 4 sets every 3 minutes 6 reps
WOD	1000m Bike 30 bench press 185-125lbs 1000m row 20 bench press 185-125lbs 1000m ski 10 bench press 185-125lbs
FINISHER	5 minutes 30 seconds Jumping jacks Bicycle crunch
SECOND SESSION A	3 sets 30 GHD situps 10 bar muscle up
SECOND SESSION B	Toes to bar 30 seconds max reps 1 min rest 7 x 40% max reps 15 seconds rest
SECOND SESSION C	6 sets 400m run 20 pistols

TUESDAY

WARMUP	5 minutes 10 medball clean 10 alternated V ups		
TECHNIQUE	7 sets 2 hang power clean Every minutes		
WOD	400m run 27 deadlifts 225-155lbs 27 T2B 400m run 21 deadlifts 225-155lbs 21 T2B 400m run 15 deadlifts 225-155lbs 15 T2B		
FINISHER	5 minutes 15 seconds on - off Heel touches crunch Hollow Body Rock		
SECOND SESSION A	Squat snatch EMOTM 5 min 5 hang snatch 50%	EMOTM 5 min 3 Hang snatch 65%	EMOTM 5 min 1 hang snatch 80% +
SECOND SESSION B	5 sets for quality	2 to 5 strictes HSPU 3 seconds at the bottom Repeat 3 times	10 HSPU kip As fast as you can
SECOND SESSION C	5 sets 1 Snatch balance + 3 OH squats (70% of 2 RM snatch) 10 lateral raise		

WEEK 2

WEDNESDAY

WARMUP	5 minutes 3 inch worm 5 pvc power Snatch 9 G to OH
TECHNIQUE	5 sets Every 2 minutes 3 push jerk
WOD	4 rounds 5 squats snatch 185-125lbs 10 burpees 30 wallballs 20-14lbs
FINISHER	5 minutes 15 seconds on - off OH hold (bottom of squat) OH squats With PVC or empty bar
SECOND SESSION A	AMRAP 9 min 3 CTB pullups 6 DB snatch 70-50lbs 9 burpees over DB
SECOND SESSION B	Chest to Bar 30 seconds max reps 1 min rest 7 x 40% max reps 15 seconds rest Goal : UB
SECOND SESSION C	4 sets 12 hip thrust 8 sandbag clean

THURSDAY

WARMUP	5 minutes 5 ring row 10 pushups 15 air squats
TECHNIQUE	Muscle snatch 7 sets every 2 minutes
WOD	10 rounds 4 ring muscle up 8 thrusters 115-85lbs
FINISHER	5 minutes 15 seconds on - off Shoulder taps 1 negative pull (of 15 seconds)
SECOND SESSION A	Back squats E2MOT2M 14 2 x 10 40% 2 x 8 50% 1 x 6 60% 1 x 5 70% 1 x 4 80%
SECOND SESSION B	75 GHD situps 200 ft handstand walk
SECOND SESSION C	2000m row at 80% of your all out 2000m pace

WEEK 2

FRIDAY

WARMUP	5 minutes 10 medball push press 10 situps
TECHNIQUE	Deadlifts 5 sets everyone's 2 minutes 5 reps
WOD	For time 60-42 Cal AB 30 clean 135-95lbs 60-42 cal row 30 OH squats 135-95lbs
FINISHER	5 minutes 15 seconds on - off Puhsups Pushup hold bottom
SECOND SESSION A	AMRAP 9 3 strictes HSPU 6 DB hang power clean & jerks 9 box jump over (step down) 24-20"
SECOND SESSION B	Snatch 5 sets 3 repsfrom blocs 2 min rest 5 sets 3 reps of Cleans from the blocs but
SECOND SESSION C	100 bar muscle Every time you break 30 double unders

WEEK 3

MONDAY

WARMUP	5 minutes 5 ring row 10 pushups 15 air squats		
TECHNIQUE	Front squats 6 x 4 reps Above 80%		
WOD	#362 Live 800m run 50 wallballs 20-14lbs 30 box over (step down) 400m run 40 wallballs 20-14lbs 20 box over (step down) 200m run 30 wallballs 20-14lbs 10 box over (step down)		
FINISHER	5 minutes 15 seconds on - off Knee raise hang Knee raise		
SECOND SESSION A	4 sets 20 GHD sit ups + medball 1 x handstand ramp		
SECOND SESSION B	Fin a 2 rep max with a strict press 2-2-2-2		
SECOND SESSION C	For time 50 pushups 2 min rest	AMRAP max HSPU (in the time you took to do 50 pushups)	2 min rest For time the same nb of reps you did in the AMRAP

WEEK 3

TUESDAY

WARMUP	5 minutes 3 inch worm 5 pvc power Snatch 9 G to OH
TECHNIQUE	7 sets every 2 min 30sec 2 power snatch 1 squat snatch
WOD	50-30 cal row 200 double unders 60 CTB pullups 100 double unders 50-35 cal row
FINISHER	Accumulate 2 minutes in the handstand position
SECOND SESSION A	AMRAP 12 min 3-6-9-12- etc Sandbag cleans 150-100lbs Turkish Get up 50-35lbs
SECOND SESSION B	5 sets 3 ring muscle up (catch high) 5 ring muscle up regulars Rest 2 minutes
SECOND SESSION C	4 sets 25 reverse hypers 15 stricts press DB

WEDNESDAY

WARMUP	5 minutes 10 sit ups 10 burpees
TECHNIQUE	15 minutes Max Effort DL Find 1 rep max
WOD	AMRAP 10 5 burpees 10 DB DL 50-35lbs 15 T2B
FINISHER	5 minutes 15 seconds on - off Side crunch Sit ups
SECOND SESSION A	21-15-9 Bench press 135-95lbs Pushsup Cal ski
SECOND SESSION B	EMOTM 12 1 : 1 leg less rope climb + 1 rope climb 2 : 50 ft HSW
SECOND SESSION C	3 sets 1000m row 2000m bike 1000m ski Rest 2 minutes

WEEK 3

THURSDAY

WARMUP	5 minutes 10 squat snatch with pvc 10 SDLHP with pvc
TECHNIQUE	5 sets every 2 minutes 1 Power clean 1 Hang squats Clean 1 Jerk
WOD	30 DB step over 2 x 70-50lbs 15 ring muscle up 30-22 Cal Assault Bike 30 strictes HSPU 30-22 Cal Ski Erg 15 Bar muscle up 30 DB step over 2 x 70-50lbs TC 25 minutes
FINISHER	5 minutes 15 sec on - off Pushups Pushup hold
SECOND SESSION A	For quality 5 x 2 squat snatch from the blocs at 65%
SECOND SESSION B	30 seconds max strictes pull-ups 2 min rest 7 x 40% UB
SECOND SESSION C	1,6 km run 2 min rest 2 min rest 1,6 km run 800m run 5 KM pace

FRIDAY

WARMUP	5 minutes 20 secondes Wall sit 20 jumping jacks
TECHNIQUE	Back squats 10-8-6-4-2-1 Go every 2 minutes
WOD	AMRAP 8 1-2-3-4-5-etc Thruster 115-75lbs Burpees bar facing Pratique with a judge
FINISHER	5 minutes 30 seconds on - off March with BB hold OH
SECOND SESSION A	For 15 minutes every 90 secondes 1 : 7 burpees to target + 15 T2B 2 : 7 burpees to target + 15 CTB pull-ups
SECOND SESSION B	Snatch Balance 5 sets 3 reps Every 2 minutes
SECOND SESSION C	5 times 20-15 cal Assault Bike Rest as needed to go all out

BONUS PROGRAM BY MATTHIEU DUBREUCQ



PROGRAMMING

WEEK 1



MONDAY - OUTLINE

Warm up

A. General 2 sets 1min Shuttle runs @ increasing intensity 10 Banded chest rows 10 Banded horizontal press	B. Mobility Prayer stretch 2-3 sets of 5 deep breaths Rest as needed between sets https://www.youtube.com/watch?v=umCOjch2kG0	C. Specific 3 sets 3 Dynamic push-ups 20 second wall facing hs hold + 3 sec hspu negative 30 second free standing HS hold / hspu practice
A. Weightlifting Bench press 4 x 4 @80-90% TC: 12 min Score: Weight Scaling Options Beginner 4x4 @ ascending Intermediate As Written Perform 4x4 @87%	Goal: Pressing Strength We are in the second last week of the bench cycle. This week is a moderate to low volume, heavy bench press, this is how athletes build strength right here. There are no secrets, it's just about moving heavy weight with great technique and time under tension. Control, then Explode! Without bouncing the bar off the chest, you must think about bringing the bar down with as much control as possible, while building tension. USE THE WAY DOWN, it should not be a limiter, but a means to build muscular engagement before the drive. As soon as you feel the bar lightly touch your chest, DRIVE through the bar with as much force as possible. The top end of the lift should be the fastest. Even though you have speed, don't allow the shoulders to come off the bench as it means you aren't pressing down into the bench. Points of performance: The bench press is majorly about positioning, when observing athletes, try and go through these points of performance as a mental checklist: - Shoulder blades are together, and driven DOWN into the bench as the athlete presses the barbell UP (opposing force). - The arms play an integral part in the bench press as the biggest movers in finishing the press through a strong lockout. - Feet are in contact with the floor for the entire repetition	
B. Metcon 30-24-18 Alternating DB Squat Snatch @50/35 lbs CTB KG: 22.5/15 KG TC: 12 min Score: Time Scaling Options Beginner 30-20-10 Alternating DB Squat Snatch @25/15 lbs Body Rows Intermediate Alternating DB Squat Snatch @35/25 lbs Pull Up Perform As Written	Timing: - Advanced: -10 minutes - Beginner: 10-12 minutes This workout is designed to challenge the shoulders, especially on the receiving position of the Snatch coming off the fatigue of the heavy bench press session. This will be a tug of war between a strength endurance and a speed endurance workout, as athletes can only move as fast as their muscle fatigue will allow. Athletes will be dealing with shoulder fatigue here and they will mainly be wanting to move very fast here, if they are going light enough on the DB and the CTB's are in line with the sprint stimulus. We will want to watch that on the DB snatches the DB doesn't drift away from the body too much as athletes attempt to avoid their own shoulder fatigue. We will want to see the CTB's stay fast with athletes to take breaks if they need them, but this should not be the case. All in all, we are looking for speed with smooth reps without rocking the boat too much. Alternating DB snatch: Punch through the Dynamic reception We will want to save the arms and shoulders when we can. With a lighter DB we can overpull with the arms and relatively get away with it. Today we will want to see athletes keeping their arms nice and long through the middle to more rapidly and aggressively utilize their hips to generate more force behind each rep. Since we receive this in a squat, it completely changes the movement, for the athletes with poor shoulder mobility and/or stability, this will be a game changer to the point where they may have to scale the load significantly.. yes even the advanced athlete. We want to see the athlete demonstrate the ability to lock out against the DB in the dynamic reception, so most of your seeing should be done in the reception and around the elbow, as the elbow will tell you a lot about what the shoulder is doing. CTB: Elbows back In order to properly engage the upper back for a smooth transition at the top of a butterfly pull up or a regular kip, athletes will want to focus on driving the elbows back. A lot of athletes who struggle with the stamina of high volume CTB pull-ups will get lazy with the elbows. We will see the forearms parallel and in line with their torso at the top of the rep which ultimately shuts off the upper back. The action of elbowing backward, aggressively, will initiate upper back muscle contraction in a powerful way. At this point we will see the athlete in a much stronger looking position at the top with the forearm perpendicular to their torso and parallel to the floor. Note: The thumbs should be wrapped around the bar for more ease with this technique.	
Accessory / Extra Side plank + banded row 3 x 12/12 Pause for 2 seconds at peak contraction		

TUESDAY - OUTLINE

Warm up

A. General Row 30 sec 25' samson stretch lunges Row 1 min 25' Banded Monster Walk https://youtu.be/8SSYSIpOqrM	B. Mobility Lateral banded hip mobilization + knee drive 2 sets of 10-15 knee drive/leg https://www.youtube.com/watch?v=99pb0NnE4Kw	C. Specific 2 sets 6/6 bulgarian split squats 3 Clean pulls 3 No hook, no contact clean to plates 3 Thrusters 6 Alternating pistols 3-5 Back squats @3sec down + ascending
A. Weightlifting Back squat 4 x 4 @80-90% TC: 12 min Score: Weight Scaling Options Beginner 4x4 @ ascending Intermediate As Written Perform 4x4 @87%	Goal: Squat Strength We are in the second last week of the Squat cycle. This week is a moderate to low volume, heavy squat, this is how athletes build strength right here. There are no secrets, it's just about moving heavy weight with great technique and time under tension. Control, then Explode! Without bouncing in the bottom, you must think about bringing the bar down with as much control as possible, while building tension. USE THE WAY DOWN, it should not be a limiter, but a means to build muscular engagement before the drive. As soon as you feel your hamstrings on your calves, DRIVE through the bar with as much force as possible. The top end of the lift should be the fastest. Ensure that as you move downward your weight is evenly distributed across the foot as you press up into the bar with the torso in order to remain tall and on full tension. Points of performance: - Tall chest on the way down -Hips and knees traveling horizontally at the same rate on the way down. -Core braced through the full ROM -Smooth change of direction in the bottom to the drive -Follow through on the drive, athletes will be surprised at how much speed at the top quarter of the lift translates to more force produced ahead of time in the bottom and through the sticking point.	
B. Metcon EMOM 14 Min 1 - 10 Power Clean @135/95 lbs Min 2 - 15/12 Cal Row/Bike Min 3 - 10 Box Jump @30/24" Min 4 - 20 pistols Min 5 - 15/12 Cal Row/Bike Min 6 - 10 Thrusters @135/95 lbs Min 7- 10 Bar facing burpees KG: 60/45 KG TC: 14 min Score: Checkmark Scaling Options Beginner Min 1 - 5-7 Power Clean @75/55 lbs Min 2 - 10/8 Cal Row/Bike Min 3 - 10 Box Jump @20/plate" Min 4 - 15 Air Squats Min 5 - 10/8 Cal Row/Bike Min 6 - 10 Thrusters @75/55 lbs Min 7- 5-7 burpees Intermediate Min 1 - 10 Power Clean @95/65 lbs Min 2 - 15/12 Cal Row/Bike Min 3 - 10 Box Jump @24/20" Min 4 - 16 pistols to box Min 5 - 15/12 Cal Row/Bike Min 6 - 10 Thrusters @95/65 lbs Min 7- 6-8 Bar facing burpees Perform: Min 1 - 10 Power Clean @135/95 lbs Min 2 - 15/12 Cal Row Min 3 - 10 Box Jump @30/24" Min 4 - 50' Front rack walking lunges @135/95 lbs Min 5 - 15/12 Cal Assault bike Min 6 - 10 Thrusters @135/95 lbs Min 7- 12 Bar facing burpees	Timing: - Machines: 50-55 seconds - Barbells: 20-30 seconds - Gymnastics: 20-30 seconds This is essentially a chipper that is paced out for the athlete in order to give them the ability to produce more power per rep than if it were just straight up go. This is focused on developing the ability to produce moderate force under mod-high fatigue, as this will catch up to athletes in the second round. We could get lost in the chaos of a workout like this, or we could have athletes hone in on a singular focus that is transferable across all movements and that focus is the force per rep. This allows for some organization among chaos, some known in the unknown. We have left the 'Perform' movement notes to athletes to get those wheels turning for you coaches, on ways to perform the movements in order to produce best force production across all the required reps. Beginners are still trying to produce force, don't disclude them from this, it is almost more imperative that they come to this understanding. It's almost malpractice to write off a beginner with a PVC pipe or a step up, it may take some digging, but you can find something for them to elicit a similar stimulus to the advanced athlete. Power Clean Practice your weaknesses. If you're good at singles, then do unbroken sets. If you're good at cycling, then practice singles Row Pace yourself. Flirt with the dark zone, but don't jump in it. Cue athletes for a consistent Stroke Rate Box Jumps We need hip extension. Athletes should perform jumps with a good hip flexion and an aggressive hip extension. Cue athletes to land as high as they can. Pistols Stay strong in your core and keep moving. Assault bike Pace yourself. Flirt with the dark zone, but don't jump in it. Thrusters Unbroken. Look for constant pressure on the bar particularly in bottom of squat AND the turnover from the squat Bar facing burpees Moderate pace. Just enough to get them done within the minute.	
Accessory / Extra 4 sets 15/15 seconds Max rep Bulgarian split squat @2x50/35lb DB* 4 Box jump overs @24/20" Rx+: clearing the box *Farmers carry style		

WEDNESDAY - OUTLINE

Warm up

A. General

2 sets
1 min Single-unders
30 sec double-unders or Triple-unders
5-7 TTB timing drill

B. Specific

3 sets
5 Beat swing on rings
5 Low Ring Face pulls
<https://youtu.be/PRfENOR-V3c>
3 Low ring Snap back pull drill
<https://youtube.com/shorts/8hyFclpW8hM?feature=share>

A. Gymnastics Conditioning

5 sets
15 KBS 32/24KG
5 Ring Muscle-ups
Rest 1 min between sets

TC: 14 min
Score: Time

Scaling Options
Beginner
10 KBS 18/6KG
5 Ring Rows

Intermediate
15 KBS
1-3 Low ring assisted RMU or
7 CTB

Perform
6 rounds
10 GHD Sit-ups
3 Ring mu
5 Bar Muscle-ups

Goal: Gymnastics pull power endurance

You will notice that a lot of our gymnastics sessions this cycle are in the form of metcons, as they are specially designed to have a gymnastics endurance focus. Today will get very difficult to maintain, but athletes should be attempting to hit the RMU unbroken while maintaining a consistent pace per round. This means that the KBS will be where we can manage our pace.

Ring muscle up and KBS, what do they have in common?

Athletes that are completing this workout RX'd will be faced with two movements that look opposite but in fact have way more in common than we think. We've mentioned many times that in the RMU we have a snap back pull in which we pull back on the rings like face pull as the hip extends in order to create a strong plane to pull against for the turn over: "opposing forces". In the kbs, following the hip extension our upper body movement is a "follow through" style pull back with straight arms. In the Ring muscle up, to follow through the hip extension and create the kip we also pull back on the rings.

This combination of movements is HOW we work on gymnastics endurance specific to a pulling movement. In addition to the upper body pull we target, there will be an element of grip and general explosive fatigue.

Our scaling options are targeted the same way but with different angles. We won't get the exact same movement pattern from the KBS to the Ring row or the C2B but the emphasis should still remain on the athlete's upper back engagement in both movements.

B. Metcon

4x AMRAP 3 minutes
30 Double-unders
12 Wall balls 20/14 lbs
8 TTB

Active rest 2 mins between AMRAPs

KG: 9/6 KG
TC: 18 min
Score: Reps per AMRAP

Scaling Options
Beginner
20 Single Unders
12 Wallball @14/8
8 Hanging Knee Raise

Intermediate
20 Double unders or 20 Single Unders
10 Wallball @20/14
8 Toes to eye level

Perform
As Written

Timing:

- Advanced: 2-3 rounds per set
- Intermediate: 2+ rounds per set

A fast triplet with fast transitions here, we will want to focus on athletes moving constantly, there should be not much resting if any in transition, while breaking the TTB to be able to move directly from the TTB to the rope. If we want athletes to gain today's stimulus, we have to make sure they are scaling appropriately, first and foremost. In developing endurance capacity with movements we have to look at how the body moves and replicate it in or scaling, a great example of this is utilizing the V-up for the TTB, this is the foundation, it replicates the core action of the ttb and thus is an important movement for athletes to be able to perform with solidarity before getting up on the actual bar in a metcon like this. Today's opportunity lies in finding the base metcon capacity for the athlete to be able to move consistently and with speed for the 12 minute total working time. This is your goal today as a coach. Watch that athletes are able to control the full squat on the wall ball without letting the ball pull them into a vulnerable position.

Double unders: Let the rope do the work

Relax and let the rope do the work. Double unders are a movement that can be a rest if we are trying not to go fast, in this workout we want to rest while we work as much as possible, between active rest and speed is smooth. The best ways to relax are through the grip on the handles and breathing, when we are jumping so frequently the breath tends to naturally speed up causing overexertion if we are not paying attention to performing long slow breaths.

Wall balls: Control the ball, don't let it control you

The dynamic nature of the wall ball can have athletes experience some of their worst squatting in this movement. Just because the ball comes at us hard and fast doesn't mean we need to go with it, accepting the ball but then controlling the eccentric squat speed is key in holding mechanics in the wall ball.

TTB : Hips slightly behind the bar

When athletes become fatigued in the TTB, a common mistake is to see less of a kip and more of a pull, when this is the opposite of what we will want to stay efficient. When looking at your athlete from the side, when the toes contact the bar, we should see the hips very slightly on the other side of the bar (the backside). This will cause a productive counterbalance effect when the toes release from the bar, allowing the athlete to more naturally connect the next rep. If the hips are too far forward when we see the toes at the bar, it means the athlete is pulling too much and the next rep will either be thrown off balance, or the athlete will have to fight to control it more in order to string reps together.

Accessory / Extra

Bench Sorenson Hold
3 x 1:00
Rest 60 seconds between sets

Bench Sorenson Hold:
<https://www.youtube.com/watch?v=OLOV9rUs3wM>

THURSDAY - OUTLINE

Warm up

A. General 3min Row or Bike @increasing intensity	B. Mobility PVC shoulder dislocate 10-12 Repetitions https://youtu.be/j32NGzthtN4 -As close as you can while maintaining lock out and retraction in the scap	C. Specific @snatch grip 5 Good mornings 5 btn press 5 btn thrusters 5 OHS
A. Weightlifting 5 sets @ RPE 7/10 2 Snatch grip push press behind the neck 2 OH Squat TC: 15 min Score: Weight Scaling Options Beginner 1 Snatch Grip Behind the Neck Push Press 2 OH Squat Intermediate As Written	Goal: Strengthen the snatch reception Today, we are working specifically on the receiving position of the Snatch with two important drills, the behind the neck snatch push press and the OH squat. Both heavily involve the shoulder girdle and the arms ability to lockout as well as compress. The snatch grip push press we are working on the point where the athlete finishes the turnover of the snatch. At this point the arms will have minimal tension, upon finishing the turnover with a strong punch up into the bar, this punch will initiate the tension in locking out the arms against the weight of the bar, this drill will mimic the arm action in the snatch. The OH squat is something your athletes will be more familiar with, this is to work on the strength of the receiving position and finally, standing up with the lift. It is important that your athletes stick to this lighter percentage today as we look to refine the finer details of this portion of the snatch. You might notice some athletes moving too quickly, their lifts will look unstable if this is the case. We must remember that this is about diligence and not at all about speed. Below are the details of what coaches should be generally attempting to look for and correct, but you know your athletes, if you know that they struggle with something specific in these drills this is a great opportunity to simplify things and work on this for the future development of such a complex lift. Beginners should build up from an empty bar through the five sets, focused on technique before increasing the load. The squat should be a controlled fight for depth, but note that some athletes will be limited here and rather than increase load, you should bring them to a threshold depth. Snatch grip push press behind the neck: Constant, seamless pressure You're going to want to see the athlete's upper back contracted while the bar is at rest on the traps and throughout the remainder of the rep and the set for that matter. There is a large demand placed on the upper back to be the glue that holds this movement together. From there we should see the shoulders and elbows actually relaxed and without tension to allow the legs and core to generate vertical speed into the bar, immediately as the athlete feels the bar leave their shoulders we should see the elbows punching up into the bar to match the momentum on the bar created by the legs, it is at this point the weight of the bar is transferred from being supported through the legs to the arms. The athlete should feel a constant, seamless pressure being applied to the bar anytime it is in motion. Note: Athletes should line the elbows up directly under the bar, not behind the bar, this will help to keep all momentum created as a vertical straight line. OH Squat: Squeeze the scap To achieve stability is our goal, so our legs can work freely underneath a solid midline. How we do that is to lock out the elbows and depress the shoulders, in order to squeeze the scap together creating as much compression and contraction in the upper back as possible. This is more difficult for athletes to implement if they are death gripping the barbell. For athletes who struggle with locking out at the elbow or maintaining a stable shoulder, take a look at their knuckles, if they are white the grip is too tight. Relaxing the grip will allow for more effort to be put into contracting the upper back to draw the shoulder blades together.	
B. Metcon 5 rounds 20 Hang Cleans 95/65 lbs 1k Air Bike / 500m Row / 400m run KG:45/30 KG TC: 20 mins Score: Time Scaling Options Beginner 12 Hang cleans @ 55/45 lbs 500m Air Bike / 250m Row / 200m run Intermediate 20 Hang cleans @75/55 lbs 1Km Air Bike / 500m Row / 400m run Perform 5 rounds 30 Squat cleans @95/65 lbs 1Km Echo bike	Timing: - Advanced: -15 mins - Beginner: 15-18 mins Here is a barbell endurance workout, the goal will be to maintain unbroken reps on the hang clean and actually push the pace on the monostructural component. Athletes will have a choice of bike, row, or run, largely due to the logistics of what is available at the gym. However, if your gym has all of these available we would recommend athletes get after their weakness. This is a great workout for this, since the barbell is so light, the monostructural component is really going to make a difference, so athletes will have to push at least a good portion of this. That said, don't underestimate the barbell, we want to see athletes move this bar with grace (no pun intended, honestly), meaning you will see a smooth short slide down the thigh rather than a bang off the thigh. Hang clean: Brush Don't bang One way to address the issue of linear deviation without sounding like a broken record is through footwork. Often the bar bangers have pretty terrible footwork, and since footwork is directly tied to the athleticism of the lift, athletes will want to dial this in. In cycling the bar back down to the ground, we can focus on having the same weight distribution as we do in a kettlebell swing when receiving the bar from toes to heels, ensuring that the body is positioned with the chest over the bar as we receive it with straight arms. As we extend back against the weight of the bar, on the way up in the second pull, we are going to want to see the heels elevate slightly and the whole foot slide out to receive the bar back on the heels. Sliding the feet out and bringing them back in is important in the footwork even with such a light barbell. Monostructural: Sustained but hard effort We can't afford to go at full capacity here because it will simply take too much of a toll on our system. Ask members to pick a cadence that will allow them to breathe well but work at a consistent power output. We want to see a cadence that reflects the strength level of the athlete. The stronger they are, the more they can breathe but push harder per stroke. The lighter and more aerobic athletes should look to have a higher cadence with less force per stroke.	
Accessory / Extra Plank bird dog 2 x 10/10	https://www.youtube.com/watch?v=8Fc6ZO8owZk	

FRIDAY - OUTLINE

Warm up

A. General

60sec Row/Bike/Run/Ski @ easy
30sec Banded good mornings
45sec Row/Bike/Run/Ski @ Moderate
30sec Banded T pull aparts
30sec Row/Bike/Run/Ski @ Hard

B. Mobility

Front rack bent elbow stretch
5 x/side 5sec contract + 5 sec relax
<https://youtu.be/-3S0gZ3xL10>

C. Specific

2 sets
3 clean first pull
3 muscle clean
3 power clean
3 Tempo squat cleans
3 jerk dips
3 push press
3 Jerk
3 tempo clean & jerk (slow down first pull)

A. Weightlifting

Max Effort
Clean & Jerk
1RM

TC: 16 min
Score: Weight

Scaling Options
Beginner
2 Clean and Jerks

Intermediate & Perform
As Written

Goal: Power

The King of all lifts, this lift is the definition of power. You need to be aggressive through the floor all the way to extension and commit to the extension. That said, the key is to be equally as committed to the pull + punch under the bar. Lastly, if you are really good with these two sides of the lifts, the effort must be focused on making the transitions as smooth as possible.

Get your environment right in order to allow the heavy lifter to shine. After the drills, start the clock and allow for one on one coaching. Beginners focus on basics, slowing down the first pull to focus on keeping arms straight and driving up/jumping at the right time, which allows for a more successful extension. Intermediate and advanced athletes focusing on full extension and exploding of the second pull. Another key cue for those looking to max out is being patient between the clean and the jerk.. Talk them through the transition in the earlier bars: When they're holding the bar in the front rack, speak with a calm voice and remind them of the weight distribution and the intention of driving the bar up and slightly behind their heads.

Since this time is more free, allow for practice time for beginners. Unless there is severe learning dysfunction or confusion from the athlete, providing them with proper practice time in which they can lift and watch others lift can be very beneficial for them.

Points of Performance reminders:

Cues for beginners:

- Lift with them (mirror) and set the tempo
- Guide them through their first pull with slow and smooth talking: ok, lift smooooooth, arms straight aaaaaand JUMP!

Coaching for advanced and intermediates:

- Focus on footwork and sound (a flat foot sound = balance = good)
- Focus on hip extension and use visualization with athletes (Ask them to visualize the extension position they want to hit BEFORE they lift)
- HYPE THEM UP!

B. Metcon

"Chipper Test: 22' QF Event 1"
For time

50 dumbbell walking lunges
30 handstand push-ups
40 front-rack walking lunges
20 deficit handstand push-ups
30 overhead walking lunges
10 strict handstand push-ups

2 x 50/35-lb dumbbells for all lunges
HSPU:: 3.5/2-in deficit"

KG: 22.5/15 KG

TC: 15 min
Score: Time

Scaling Options
Beginner

50 walking lunges
30 DB Push Press
40 walking lunges
20 Hand elevated push ups
30 walking lunges
10 Banded pike push ups

Intermediate

50 dumbbell walking lunges
20 pike handstand push-ups
40 front-rack walking lunges
10 handstand push-ups
30 overhead walking lunges
5 handstand push-ups
2 x 35/25-lb dumbbells for all lunges

Perform

As Written

Accessory / Extra

100 Situps or V-ups

Timing:

- Advanced: -10 minutes
- Beginner: 12-15 minutes

This is a workout from last year's quarter finals, it is our chipper test for this cycle period, making for a very intense day for your athletes. Coming off of the clean and jerks, athletes who really pushed it will be taxed in the CNS. This is just something to empathetically be aware of as a coach. This workout heavily biases fatigue toward the upper body press. If you pay attention to how each movement affects the next you will see this is clear, especially in the final three movements. Athletes therefore, must pay attention to when they are breaking, breaking sooner may save you in the long run from breaking longer. This will be especially important on the final strict hspu or even the DB strict press. That said, make sure you are attempting to promote strict presses (for the final strict hspu) in your scaling for beginners and intermediates, nothing is absolute so it may be ideal for a certain athlete to incorporate kipping hspu, but for the most part and as a default the final movement should be a strict version of the hspu.

NOTE: This may be logistically difficult for your gym to set up so try and have a lot of time between the clean and jerk and this metcon, as athletes will naturally take longer to set this up. Especially the ones that have a previous score for this.

HSPU: Straight line

In both the strict and the kipping handstand push-up we want to imagine a strait line drawn from the athlete's head to the pelvis, this straight line signifies core tension and nothing should cause this line to deviate from being straight. The line can and should change angles.

In the strict hspu, as the athlete brings the head down to the mat the head will move closer towards the wall as the hips stay put. As the athlete presses, the head should move back through the arms, again as the hips stay put.

In the kipping hspu, the line will remain straight, but as the athletes head moves toward the matt and ahead of the shoulder line, the hips will move toward the wall as the knees descend to the athletes chest or elbows. Different angle, yet still a straight line.

Banded Pike push ups: <https://youtu.be/qeyrmuNnsfc>

DB walking lunge: Strong strides

Whether the first version (farmers carry style) or the front rack style, try and take strong steps and keep marching forward consistently.

DB overhead walking lunge: Loose grip, Elbows to ear

First of all, this movement is very difficult. A big contributor to overhead lunging effectively is how stable the DB is overhead. Remember that objects are not unstable, we make them unstable. One way to make an object more stable overhead is to ensure it is supported well by the arms by locking out the elbow against the weight of the DB. We don't hold the DB overhead, we lock it out overhead, with a loose grip, driving the elbow to the ear- not the ear to the elbow.

SATURDAY - OUTLINE

Warm up

A. General

2 rnds
Shuttle run or circle run in the gym
1:00
10 inchworm push ups
10 Jumping knee tucks

B. Specific

10 Empty bar glute bridge floor press
10 Empty bar RDL
5 bounces + 3 box jumps
<https://youtu.be/GKfmJGwwKFE>

Ramp up deadlift and setup workout

A. Metcon

"MCGHEE"

AMRAP in 30 minutes
5 Deadlifts (275/185 lb)
13 Push-Ups
9 Box Jumps (24/20 in)

Team workout (in pairs)

AMRAP 30
While Partner 1 performs 3 rounds of the McGhee Amrap, partner 2 must perform 40/36 calorie row

Partner's cannot both be resting. If athletes finish before their partners, the athlete resting must perform burpees.

Athletes with the most rounds and least burpees win.

KG: 125/85

TC: 30 min

Score: Rounds

Scaling Options

Beginner

5 Deadlifts (135/95 lb)
7 Hand Elevated Push-Ups
5 Box Jumps (20/plate in)

Intermediate

5 Deadlifts (225/155 lb)
7 Push-Ups
9 Box Jumps (24/20 in)

Perform

N/A

Timing:

Advanced: 20+ rounds

Beginner: 15-20 rounds

Here is McGhee:

Corporal Ryan C. McGhee, 21, was killed in action on May 13, 2009 by small arms fire during combat in central Iraq. He served with 3rd Battalion, 75th Ranger Regiment of Fort Benning, Ga. This was his fourth deployment, his first to Iraq. Ryan was engaged to Ashleigh Mitchell of Fredericksburg, VA. He is survived by his father Steven McGhee of Myrtle Beach S.C., his mother Sherrie Battle McGhee, and his brother Zachary.

This workout is definitely a hero workout. It meets the anomaly criteria of being high intensity: heavy, with the potential for high volume at the same time. For your body's sake, you may seriously consider doing the team version which will systematically break up this volume for you. But for the week-end warrior we have this crazy 30 minute back and forth between a heavy barbell and high volume gymnastics, with the potential for a large abundance of total rounds over the 30 min time frame. Make sure athletes are smart and they pace themselves, 20 rounds is 100 deadlifts @ 275/185 lbs, 260 push-ups, and 180 box jumps (I suggest to strongly recommend stepping down, or at least pausing on the round between reps as to avoid rebounding for some athletes).

This is crazy volume that should make for an epic Saturday throwdown. Remember that you need to live to fight tomorrow!

Team Version:

Here we have a team workout that will force athletes to stay in touch with their teammates all throughout the workout.

Athletes on the rower must keep count of their teammates' reps and match their speed with their teammate. This will inevitably end up with burpee penalties that will be performed AFTER the Amrap.

Flow:

Athlete 1 performs 3 rounds of 5 deadlifts, 13 Push ups & 9 Box jumps.

Athlete 2 performs 40/36 Calories on the rower.

If athlete one is done his/her 3 rounds of the amrap, every calorie remaining = 1 burpee

If the athlete rowing is done before the athlete on the McGhee rounds, every rep remaining = 1 burpee

The goal is to communicate and control the pace.

The score is:

1. Number of full rounds & reps (higher is better)
2. Number of burpees (lower is better)

Yes, some may slack. One thing you can do is impose a Stroke rate in order to avoid having athletes sit on the rower and row too slowly to match the reps.

Deadlift: Push not a pull

If we think of this movement as a lower body push, we will put ourselves in a mechanical advantage. the arms are straps, the core is a pry bar, our hips the lever point, which leaves our legs as the driving force. Driving our legs after we have maintained our core tension will allow our forces to be generated much more productively each rep. With the legs working as the driving force, the athlete can focus the midline on simply holding it's extended isometric position against the force of the legs. As the legs push, the torso becomes a pry bar, essentially prying the weight off the floor.

Push-up: Elbows at 45 degrees

With this movement creating plenty of fatigue, some athletes might be fighting just that extra little bit for reps. This is fine as long as we see their elbows maintain their shoulder position. When a lot of athletes become fatigued, we will notice that their elbows drift outward causing an internally rotated shoulder and a more compromised position. Ensure that your athletes are maintaining proper elbow position at a 45 degree angle, with the scap down and back.

Box jump: Light on your feet

We want to absorb the impact of our body weight when we land on the top of the box, as it allows less energy to be lost through the feet. A way to tell if we are light on our feet is the less sound we make when landing the lighter we are the more energy we will save, kind of like when we run.

Accessory / Extra

4 rounds for quality
5 Seated strict TTB
20 Sky touches
30 sec/elbow Side plank

SUNDAY

Warm up

A. General

3min Easy run, nose breathing
20 straight leg front to back swings/
leg
20 straight leg side to side swings/
leg

B. Mobility

Standing straddle forward fold 60s
Standing quad pull 30s/30s
-Squeeze the glute to increase hip flexor range

C. Specific Drills

2 sets

Run
3 x 50' High knees + 50' butt kicks + 50' Sprint

OR

Row
3 x 50m Legs only + 50m Hips and arms only + 50m
Full stroke

A. Aerobic Base

Row or Run
7 rounds
800m @RPE 7

Rest 2 mins between rounds

TC: 40 min

Score: Interval Average

Scaling Options

Beginner

7 rounds
400m @RPE 7

Intermediate

7 rounds
600m @RPE 7

Perform

N/A

Coach:

Goal: Aerobic endurance

The goal seems easy enough but true aerobic training is often missed in a CrossFit gym. Athletes often go too hard for it to be aerobic and we see a drop off in times, quality movement and a serious increase in RPE. Athletes' goals today is to be as close to a zero as they can in their score which is the number of seconds difference between their slowest time and their fastest time. You can even spice that up with a "penalty" for every second they're off.

Aerobic training is an important part of our capacity to recover and increase our work capacity in more intense training bouts, this is why we have been including it so much lately. If athletes have HR monitors on their watches, it would be good to have them switch to a view where they can witness their own HR and understand a bit more about HR training zones.

HR or RPE?

HR training is accurate but can be tricky to monitor depending on the exercise chosen. When we are talking HR we use % much like in weightlifting based on our MAX HR value. Most people don't know what that number is but if they wear a smartwatch or any watch with HR monitoring, most likely they can look into the stats and get some form of a max value.

Zone 1, Zone 2 are both recovery and aerobic training zones. They represent 50-60 & 60-70% respectively. This is where we want to be today. It's hard to do this, especially if you like going fast but it is an important part of training to feel good at higher intensities.

RPE is Rate of Perceived Exertion. It is a VERY important tool in athletes' toolbox and it requires some explanation. RPE varies from day to day since every day we are in a different state and this is why RPE is so important. A pace at Zone 2 one day and feel like a Zone 3 on a day we may be coming down with something. So much like when we use a barbell, sometimes we need to adjust % because certain days just aren't good and others are better.

In today's training we want to hit every interval within the same time so Zone 2 wouldn't change but RPE may increase slightly as the workout progresses. That said, athletes should do this workout at an RPE of 3 to start and it should never go above a 5 (on a scale of 10).

Accessory / Extra

Half kneeling landmine press
4 x 8/8

*pause at the forehead in the eccentric
for 2 seconds.

PROGRAMMING



WEEK 2

MONDAY - OUTLINE

Warm up

A. General EMOM 6 odd- 40 seconds jump rope even- 5 burpees + 6 step ups	B. Mobility Front Rack elbow rotations	C. Specific 5 Empty bar RDL, clean grip 5 RDLs int muscle clean 5 Strict press in split stance --- 5 Tempo Power Clean, pause at the pocket 3 seconds 5 Tempo Split jerk pause in the bottom of the dip 3 Tempos clean and Jerk 3 Tempo clean and jerk with light load
A. Weightlifting Clean & Jerk Every 90 seconds for 7 sets 30 Double unders 2 Clean & Jerk Weight starts @ 75% TC: 11 minutes Score: Weight Scaling Options: Beginner 30 single unders 1 Clean and jerk @ light, across Intermediate As written Perform EMOM 10 30 Double unders 2 Clean and Jerk @Increasing %	Goal: Goal: Power Endurance Athletes here will perform 30 double unders then transition to their barbells and perform 2 clean and jerks. At this % they should not be touch and go although they can start off their lifts as power cleans. Athletes who struggle with squat cleans should do squat cleans and adjust the percentage as needed to be successful. Athletes can go up in weight however to hit power endurance, we want to stop at 90% if that. Athletes who are really good lifters will most likely stick around the 75-80% for 2 reps. Clean: In real estate we say: "Location, Location, Location". In weightlifting we say: "Setup, Setup, Setup". The setup and the initial motion of the lift are so important and often so rushed. The posterior chain engagement we need for a proper pull of the bar to the shoulders can only be successful if there is tension at the bottom. In the last set of the specific warm up, we have 3 tempo clean and jerks with light load. In this set you will call the shots. Ask the members to place their hands on the bar then to use the bar to pull their hips towards the bar and their chests up. They should feel like an elastic about to snap. Once that position is secured, cue the athletes to shake out their arms to make sure the tension isn't there but rather in their legs and back. Then slowly, on your cue, they will pull the bar towards their hips and you will cue the jump to the power clean reception and repeat for the jerk. Jerk: Reset! Even though we have 2 reps we can't rush them. At these percentages a small error can amplify quite quickly. We need to see the weight distributed on the back of the foot and have the front rack tight. As they descend, watch for the elbows/bar. As a reflex often athletes drop their elbows in an effort to press the bar up. The nuance we're looking for is that in the bottom and the turn over of the jerk the front rack's job is to keep the bar high on the shoulders and that requires some form of action from the athletes. This is what we mean by "active". There are many cues to help with this but don't limit yourself to "elbows up". It might get the result we want for some but not for others.	
B. Metcon 21-18-15-12-9-6-3 Burpee Deadlift @2x50/35lbs Box jump @24/20" KB Swing @24/16kg TC: 20 minutes KG: 22.5/15 Score: Time Scaling Options Beginner 18-15-12-9-6-3 Burpees Step ups @ 20" Russian KBS @ 12/8KG Intermediate: 21-18-15-12-9-6-3 Burpee Deadlift @2x35/25lbs Box jump @24/20" KB Swing @16/12 KG Perform: 21-18-15-12-9-6-3 Burpee Deadlift @2x50/35lbs Box jump @24/20" KB Swing @32/24KG	Timing: - Advanced: - Beginner: This workout will be a grind. We have hinging at various angles and ranges of motion. The flow of each round goes from the most demanding in range of motion to the most dynamic to the lightest and shortest range of motion. Not only to you progress within the round from hardest to "easiest" but the reps scheme slowly (very slowly) goes down. Contrary to a 21-15-9 where volume is at a comfortable 45 reps per movement, we're looking here at 84 reps per movement so almost double. Athletes should move forward with caution in the first 3 rounds of this triplet. It is written as a fast workout but it is in fact an endurance workout. Burpee Deadlift: Move slow These should be performed slowly and smoothly. Do not expect perfect straight backs as the DBs are much lower than a barbell. We should still see a drive through the ground like any pull from the floor to stand back up. Any movement that looks like a spine extension with zero leg drive is a flaw. Box jumps: No weight, no problem This is our only movement in this triplet with no load. Athletes should be happy to be here and so they should take their time, perform a good hip extension and land solidly with both feet fully on the box. Using the arms in this movement will greatly help with the power and endurance. KB Swing: The most perfect of them all Compared to the other two movements we have in this triplet, this one is the most technical and as a result you will have more to work with. In the KBS we should see a strong neutral back and a power hip extension resulting from the legs driving down into the ground. To make this movement slow and controlled, keeping the arms straight throughout and letting the KB set the pace on the return will allow athletes to breathe but also use less energy for the rest of this grueling workout.	
Accessory / Extra 100 Hollow rocks 100 V-ups	Do all 100 hollow rocks before moving to the V-ups	

TUESDAY - OUTLINE

Warm up

A. General Partner wallball tosses 20 reps chest toss 20 reps overhead toss 20 reps Plank tosses* 20 rep wallball tosses	B. Mobility Tall kneeling banded Shoulder internal rotation stretch 10 reps/side https://youtu.be/ThluzxROSbw C. Specific 3 sets 2-4 Bench press @ ascending 4-6 Butterfly or kippling pull-up drills *Include CTB version of the following drills:	Drills Box circle drill (double or single leg) https://www.youtube.com/watch?v=iKnl2StFvss Banded butterfly pull-up drill https://youtu.be/zro6dIM7Qsw Pause Butterfly Pull-up https://www.youtube.com/watch?v=Yfv647VON_Q
A. Weightlifting Bench press 2 RM TC: 15 minutes Scaling options Beginner: 6 x 2 @ accross Intermediate & Perform As written	Goal: Power This is the conclusion and the test for our mini bench cycle. That said, it is more about the stimulus then the test. If you observe the second bench coming up very slowly, slow enough to create fatigue and it's not a PR, this should complete the set for the athlete. But further, if they feel really good and you see the bar moving well you should encourage a 2 RM or even a 1RM PR, might as well go for it! Beginners, or any athlete for that matter, that isn't feeling a max out at all should be encouraged to strengthen their capacity within the two rep range, lifting a heavy double for six sets at the same weight. Be consistent with the rest time. Press the body down When observing the bench press, we want to start from the hands, to the torso, then to the legs and feet, because the entire body has a role to play in this lift. We want to see 5 points of contact, the head, shoulders, butt, and both feet are in always in contact with the floor or the bench for the entire repetition. This is because we utilize opposing force and the more surface area we have pressing into the ground, the more force that will be pressing back through the barbell. We want to see the hands move straight up and down, with most of the pressure on the inner thumb in order to create external rotational torque at the shoulder. We should see the shoulders pressing down into the bench never leaving it (sometimes athletes push too hard at the top of the rep and we will see their shoulders go with the barbell, this is because that athlete is not utilizing opposing force well and they should be cued to press their body down to press the barbell up). Remember that the arms play an integral part in the bench press as the biggest movers in finishing the press through a strong lockout, as well as controlling the horizontal movement of the bar to maintain a linear bar path. Remember, lower with control, press with speed!	
B. Metcon 5 rounds for time 15 Wall balls @ 20/10lbs 15 CTB TC: 10 minutes KG: 9/7 kg Scaling Options Beginner 5 rounds 15 Wall balls @ 12/10lbs 10 Jumping pull ups Intermediate 5 rounds 15 Wall balls @ 14/12lbs 15 Jumping C2B / 10 Pull ups Perform As written	Timing: - Advanced: - 6mins - Beginner: 6-10 mins The goal is to cycle reps smoothly and quickly throughout the entire 5 round couplet. We need athletes to not be limited by challenging reps today in order to hit this speed endurance stimulus. Nothing can hold an athlete back from going unbroken over multiple rounds except for their heart rate. This is why we have chosen the jumping versions of the CTB and the pull-up as our scaling of choice today. It allows for a quicker cycle rate and it's much easier to transition to, rather than fumbling with a band. Since athletes will spend the entire workout with their arms overhead, you may notice some localized fatigue in the upper back, causing a lack of tension, and a rounded position in the wall-ball, or 'dead' shoulders in the CTB. Have athletes pay attention to this in your wod preparations so they can have some awareness beforehand, using this as a sign that they may be going too fast. This workout will be too fast and intense to make corrections in the wod for MOST athletes. Wall ball: It's a dynamic thruster The wall ball involves very similar motor patterns to the thruster, it becomes more dynamic when the weight actually leaves the hands and then travels back at us with velocity. Upon receiving the ball is the point where a lot of athletes struggle, and we see it with either a shortened ROM squat or uneven weight distribution in the feet. As the athlete receives the ball, we should see a gentle rock back to the heel, with the feet spreading the floor for a consistent squat each and every rep. Some athletes might simply feel the burn of fatigue and as a result in avoiding this feeling will short change their squat, odds are this is unintentional, so don't hold it against them. But we should still be attempting to fix this ROM violation. At this point we can elevate the heels in attempts to deload the bottom of the squat, or simply dial reps back to direct more effort per rep into full ROM. CTB: Relax at the top The full tension of the body will happen in the bottom of the pull-up and during most of the concentric drive toward the bar. As the chest approaches the bar, athletes should feel a relaxation that lasts from the top of the rep almost all the way through the eccentric phase, timing their scapular and core tension to initiate just before the body hits the bottom of the rep again to cycle onto the next rep under tension.	
Accessory / Extra 5 sets 10 Back rack poliquin step ups 12/12 Deficit side plank hip raises*	Poliquin step up: https://youtu.be/3vcZTZNNP-A Deficit side plank hip raises: https://youtu.be/yIOXwpkJFGM	

WEDNESDAY - OUTLINE

Warm up

A. General 2 rnds Row 1 min 12 RDL 9 Hang Muscle clean 6 Strict press Empty Bar	B. Specific Banded OH Squat 3 x 7 reps Slow Snatch high pull* 3 x 3@50%+, RPE 7 Between each set 4 hard cal	Slow snatch high pull: With a band pulling the bar forward horizontally like Monday's clean drill
A. Weightlifting Snatch Every 90 seconds for 7 sets 8/6 Cal bike/Row/Ski 1 Snatch TC: 11 minutes Scaling Options Beginner 30 seconds machine 2 Snatch Intermediate As written Perform: EMOM 10 8/6 Cal Bike erg @Increasing %	Goal: Power Endurance This is essentially the same idea as Monday but with the Snatch and only 1 rep. Setup is again the most important part of this lift since athletes will be in a state of pre fatigue and this will be more and more important for every set. Goal here is going to be transferring the points of performance we worked on in the warm-up: Posterior chain engagement in the Snatch So, when addressing the bar for each rep, make sure you see the athletes hips are back and that there is tension in their lower AND upper body. It should appear as if the entire posterior chain is connected with iron! You should not see the hips shoot out of the hole, ahead of the shoulders. If this is the case get them to engage through the floor with their heels and focus on raising their chest, not the bar, the bar comes with the chest. Extension: At this point you should witness a balanced and major contraction between the glutes and quads, with the arms long and the bar close to the body to increase the efficiency of the extension.	
B. Metcon EMOM 20 Odd-200/180m Row Even- 1 round of DT 1 rnd of DT = 12 Deadlifts 9 Hang power cleans 6 Shoulder to Overhead KG: 70/45 Scaling Options Beginner - 40 second Row - 12 Deadlifts Intermediate DT @ 95/65lbs Perform EMOM 30 Alternate between - 200m Row - 1 round of Cindy - 1 round of DT	Timing: - Advanced: odd- 50 seconds even- 55 seconds - Beginner: odd- 40 seconds even- 40 seconds Goal: Endurance capacity Here is a tricky one at first glance, as there must be thought put into this or it will become impossible to finish the minutes part way through. The one goal is to have all of your athletes capable of finishing all 10 rounds through the 20 minutes. The major focal point for coaches to understand, that some athletes won't, is that certain athletes who are used to going RX'd for 99% of workouts will likely have to scale the load and/or reps of DT first and foremost. To RX the DT portion of this workout athletes should definitely be able to go sub 5 minutes in the Actual DT (5 rounds for time). Athletes who would likely get 5-7 minutes can do 135/95 lbs, athletes that would be 7-10 should do 115/75 lbs, 10+ minutes and your looking at intermediate then beginner scaling. Once this is sorted out, athletes should keep in mind that, at no point in this workout should they feel completely exhausted, the row should be maintained at a decent pace, but one that leaves them feeling actively recovered for the barbell. This is a volume workout. There will be a weakness and there should be a strength here for every one. If something is a glaring weakness it will become VERY difficult, next to impossible to complete. Don't let this happen by scaling appropriately to the above stimulus goals. <i>DT: Make sure this is smooth, meaning there should be a nice rhythm and/or pattern maintained over the rounds. Ie: 11 deads unbroken, deadlift into the first hang clean, 8 hang cleans unbroken, hang clean into the first STO. STO's unbroken.</i> Row: Knees to armpits An athlete who struggles with power in their stroke on the erg, will find it beneficial to increase their stroke length in order to increase leverage, but not as to sacrifice positioning. Things are a lot tighter on the rower, and when athletes travel back to the catch position, they generally stop as the knees become in line with the knees. Usually, when most athletes try to simply lean forward from this point to increase their stroke length, the upper back becomes overly flexed to a position of very little power. Have your athletes return back to their perceived catch position, have the knees pass inside the elbows, but then flare out towards the armpits at the catch. In the same principle as a sumo deadlift, this will allow the chest to remain tall as the athlete gains more distance in their stroke via a further catch position and therefore more power per stroke with not a lot of extra energy expended. Deadlift: Maintain a rigid lever Hang power clean: Opposing force: Sling shot STO: Legs and arms work together	
Accessory / Extra Post Chain Accessory Wide stance good mornings 5 x 7 @heavy	Wide stance good morning: https://youtu.be/SgxUujYQpI0	

THURSDAY - OUTLINE

Warm up

A. General

90 second single unders
10 Alternating Deadbugs
60 second double unders
10 Alternating bird dogs
30 seconds "Party Trick"
*Something cool at the apex of your skipping threshold.

B. Mobility

Single leg deficit calf raise
30sec/side
<https://youtu.be/yEISAXTM68Q>

C. Specific

4mins of:
15sec on/15sec off
1. Odd object carry @ ascending
2. Hanging L-sit hold
3. Banded Good mornings
4. Band pull-aparts

A. Weightlifting

Odd Object

Accumulate 400' Heavy Carry

Implements and objects:

- Farmer's carry logs
- Sandbags
- Yoke
- Banded KBs o a barbell

TC: 15 Minutes

Scaling Options:

All as written, scale load as needed

Goal: Midline strength endurance

Here we have fun and play with heavy objects. This session is a CrossFitters playground. Have fun and encourage good posture as well as good mechanics.

Squeeze with the lats

No matter the style of carry, the goal here is to create lat tension. If we pull into the object (object carry), or simply squeeze our armpits (farmers carry), we can effectively gain more stability through lat contraction.

B. Metcon

"Annie"

50-40-30-20-10
Double Unders
Situps

TC: 12 minutes

Scaling Options

Beginner

30-25-20-15-10
Single-Unders
Anchored Sit-Ups

Intermediate

40-35-25-20-10
Double-Unders
Sit-Ups

Timing:

- **Advanced: 4-6 Minutes**

- **Beginner: 10-12 Minutes**

You may notice a big distinction in the advanced and beginner timing. This is because this workout is very dependant on the efficiency of the double under. If these are a rest for the athlete, they can afford to literally sprint the sit-ups in most cases. Athletes can, nonetheless, afford to push fairly hard in general in this workout because there is not much limitation from movement to movement. Once you account for the skill of the double under, most athletes it will come down to managing the sit-ups effectively.

Keep in mind that this is a benchmark, therefore, scores will be a lot more important and this workout becomes a little bit of a test. Let's see what we can do today!

Double unders: Relax

Relax the grip, relax the body, relax the breathing, and this will actually become a rest. Breathe as much as possible and exchange your oxygen especially starting out when we are not so fatigued.

Sit-ups: Belly button to the floor

If we think of driving our belly button down to the floor each rep, it will help us initiate the rep with proper gymnastic compression. Keeping our abs productively in a stabilizer role, rather than a dynamic role. Which is their primary function.

Accessory / Extra

For max Calories, any machine

3 x 30 seconds, rest 30 seconds
3 x 20 seconds, rest 40 seconds
3 x 10 seconds, rest 50 seconds

Include this in class if you have the time

FRIDAY - OUTLINE

Warm up

A. General 2 min Row @ increasing intensity	B. Mobility Goblet Squat + ankle shift 10/side https://www.youtube.com/watch?v=A5E4SgdyTjY	C. Specific 2 Sets 4/4 Single leg Hip Thrust 25/25' Banded monster walk 4-6 Banded Back squats @ ascending *Mini-band around the legs, just below the knee. Focus on pressing outward on the band as you squat down in order to create hip torque.
A. Weightlifting Back Squat 2 RM TC: 18 minutes Scaling Options Beginner 6 x 2 @ across Intermediate & Perform As written	Goal: Power Like Tuesday's Bench, this is the conclusion and the test for our mini squat cycle. That said, it is more about the stimulus then the test. If you observe the second squat coming up very slowly, slow enough to create fatigue and it's not a PR, this should complete the set for the athlete. But further, if they feel really good and you see the bar moving well you should encourage a 2 RM or even a 1RM PR, might as well go for it! Beginners, or any athlete for that matter, that isn't feeling a max out at all should be encouraged to strengthen their capacity within the two rep range, lifting a heavy double for six sets at the same weight. Be consistent with the rest time. Speed in the Ascent To create speed in the ascent we can begin to relate the lift to a typical movement in a sport like a body check or kicking a soccer ball. When an athlete would like to produce force to accelerate an object, the force must be intended to be driven beyond the object, because in order to move an object, the force must be greater than the object. This is why we often hear power lifters yelling, "Drive!" at their athletes and training partners, to transfer this concept into the barbell. Therefore, to create speed in the barbell, the athlete has to picture pushing the floor away so aggressively that they are attempting to drive their torso through the bar. With a strong core and stable midline, the athlete has the opportunity to create large amounts of acceleration. Remember, lower with control, press with speed!	
B. Metcon Amrap 12 minutes 10 Deficit HSPU @ 3/2" 10 Deadlifts @ 225/155lbs 200m Run /18 Cal row KG: 100/70 Scaling Options Beginner 8 Push ups/Hand elevated push ups 10 Deadlifts @ 95/65lbs Intermediate 5 HSPU/Pike HSPU 10 Deadlifts @ 185/135lbs Perform N/A	Timing: - Advanced: 5+ rounds - Beginner: 4-5 rounds Here we pair a major barbell and gymnastics movement together in a high intensity format, in order to blend the components that make up fitness. This will make your body efficient at switching muscular demands on the spot. Specifically we include deficit hspu, building from last week, paired with a deadlift at a light-mod load, separated by a monostructural active recovery reset between rounds. So athletes should plan to hit the gymnastics and barbells hard and unbroken while remaining consistent on the monostructural component. We see the hspu/deadlift combination fairly frequently so you should be able to discern the common muscular demand limitations in the upper back. For newer coaches to this, the deadlift and hspu can be quite fatiguing to the upper back, the symptoms generally show up in the deadlift as the athlete has a hard time supporting the barbell while maintaining a neutral spine over the course of the set. Watch for this in your athletes that look fatigued. Deadlifts: Squeeze the knees You should see athletes maintain a consistent bar speed. In order to keep the bar moving with speed, there should be an attention to the lockout of each rep, because the body moves much faster when it knows where it will end up. You should see the athlete 'squeeze the knees' making the top of the deadlift as the most rigid portion of the rep, with the knees and hips coming to lockout with strength and speed. The quads, glutes, and abs working in conjunction to lockout the rep with force. This will dictate more confidence in the lift and you will notice the barbell simply moves better rep to rep when it understands it's destination is strong and secure. Hspu: Squeeze the body with the elbows In the name of producing as much tension as possible, we should consider that gymnastics is mainly about stability, stability will produce tension, tension will produce strength. In order to compress and release effectively athletes should think about squeezing their rib cage with their elbows in the bottom position of the movement. This will allow them to accelerate out of the bottom off of a stable base, you will see them look a lot stronger in the bottom this way, and they will be able to time the hip extension and the press much more effectively. Monostructural: Consistency. Sustained effort. Athletes should go for a sustained effort, we don't want to see too many energy spikes on the machine. Just a steady pace @ RPE 7	
Accessory / Extra Banded leg curls 100 reps not for time	Banded leg curls: https://youtu.be/IKie2uqY7x4	

SATURDAY - OUTLINE

Warm up

A. General

3 rounds
30 sec Row or Bike
30 sec:
Rd 1: Inch worms
Rd 2: Air squats
Rd 3: push-up to downward dog

B. Mobility

Btn tricep stretch with plate
30 sec on / 10sec off x 2
<https://youtu.be/SWez7-iiB64>

C. Specific
3 sets @ascending
3 Power cleans + 2 Thrusters

Then:

2 sets
8 Pull-ups
4 Power Cleans @ascending
4 Bar mu
2 Thrusters @ascending
1 Rope climb

A. Metcon

"Thunderbolt"

4 rounds
21 Pull-ups
9 Power cleans @155/105 lbs
12 Bar muscle ups
6 Thrusters @155/105 lbs
3 Rope climbs

Scaling Options

Beginner

21 Ring Rows
9 Power cleans @ 65/45lbs
12 Jumping Rip dips/Parallette dips
6 Thrusters @65/45lbs
3 Jumping chin ups

Intermediate

18 Assisted Pull-ups
9 Power cleans @115/75lbs
9 Jumping Bar muscle ups
6 Thrusters @ 115/75lbs
1 Rope climbs

Perform

4 rounds
21 Pull-ups
9 Power cleans @185/135 lbs
12 Bar muscle ups
6 Thrusters @185/135 lbs
3 Rope climbs

Timing:

- **Advanced: -20 minutes**

- **Beginner: 20-25 minutes**

Zeus's lighting bolt, the Thunderbolt, is the signature weapon and symbol of power for the Olympian god of thunder; Zeus. It is said to be the most powerful and feared weapon on Earth and in the Heavens. Your athletes have two options today, be the thunderbolt on the workout, or feel the wrath of the thunderbolt.

In today's Benchmark, athletes will be required to produce a lot of force per rep in most movements with a grip pre-fatigue in the pull-ups. We have a few things to highlight. Number one... the barbell is heavy, athletes should be able to do 6 thrusters at least, when fresh, with the weight on the bar today. Number two... there is A LOT of pulling, from every direction, to have your athletes prepared to break up the reps more frequently than they normally would, this is not only a strategy for optimizing the workout but for simply getting through it as unscathed as possible. This workout is a benchmark that helps us train AND test an athlete's capacity for enduring power.

HAVE FUN!

Pull-ups: Time on tension

We need to see time under tension to see speed, the kipping pull-up and the butterfly pull-up, both have this tension in common. This is also how we can decide which athletes are ready for the butterfly pull-ups, if they can maintain tension in their beat swing portion of the kipping pull-up. If we observe a loss in core tension or upper back tension, we will see athletes become forced into inefficient kicking causing more force through the grip and arms. Using and harnessing tension will allow athletes to use a more productive use of force, which translates to efficient, smooth, and fast reps.

Power Cleans: Opposing force- Sling shot

In order to get from the power position to extension with as much force behind the bar as possible, we will want to see athletes aggressively pushing the floor away with their legs as their torso and upper back stay rigid and arms stay relaxed. Getting to extension should be the most aggressive and rapid portion of the lift, where the weight shifts from the heel, to midfoot and the bar greatly accelerates to a point of weightlessness. However in reality the bar is never actually weightless, 200lbs is 200lbs, and athletes will have that weight to constantly pull against to sling shot themselves back underneath the bar to receive it. It's a game of opposites, when we want the bar to go up, we push the floor down with the legs. When we want to get ourselves down under the bar, we pull up against the weight of the bar and receive it in a strong flat foot position.

Bar mu: Powerful transition

From the arch position, make sure you see athletes at least attempting to create speed by using the legs, core and upper back. All three equally engaged, we should see a forward drive of the athlete pushing the bar down and away with straight arms in an aggressively fast, but smooth nature. Once they have reached a height where the chest is above the bar is when athletes are cued to "throw the head through," sometimes this works, but for a bar muscle up, it is inefficient as it generally causes a premature turnover. As the body raises, athletes should rather think about quickly bringing their feet back to create forward rotation. Given the right timing, you should see them more effortlessly transition around the bar, with "straight enough" arms, rather than fight through the transition. This is the difference between a ring and a bar muscle up that many of us get confused with. We want to see athletes bodies traveling around the bar, not throwing their upper bodies through the bar, that doesn't work.

Thrusters: Push up against the bar on the way down

Because the bar is much heavier today, we will need to control for stability on the way down. Sometimes when a heavy bar travels too quickly from overhead to the rack position it can greatly pull the athlete forward. Having to fight this over multiple reps gets fatiguing quickly. As the bar meets the shoulder, athletes should think about pressing their shoulders up into the bar as they pull themselves down in a controlled squat. It will slow down the rep, but we will see the bar path become a lot more efficient and the rep become much smoother on the way up.

Rope climbs: Reach and extend

We want to minimize the amount of pulling we are going to have to do, athletes should try and make themselves as tall as possible after locking the feet.

Team Workout

"Fran Tag"
With a partner, You go I go, round per round

20 rounds
9 Thrusters @ 95/65lbs
9 pull ups

Scaling Options:

Beginner:

9 Thrusters @ empty bar
9 Jumping Pull ups

Intermediate:

9 Thrusters @ 75/55lbs
9 Assisted pull ups

Timing:

- **Advanced: -12 mins**

- **Beginner: 15-20 mins**

The team version today is completely different than the individual metcon, as we thought this was a good opportunity to have some fun with some creative concepts. This one is meant to be done as unbroken, sprint intervals in a you go, i go manner, getting as much rest as it takes your partner to complete a round. Choose your weight accordingly.

Accessory / Extra

Seal walk relay
Every member of the team must complete 2 x 50'

Split the class in 2 or 3 groups and have the teams perform a relay race in which every athlete must complete the distance twice.

Scaling options:

Beginner: Inchworm out 25' and run back

SUNDAY

Warm up

A. General

3 rounds @increasing intensity on each round
1 minute Row or Bike
25' Bear Crawl (There is no movement at all at the spine)
5/5 Dead bug (Hold every rep for 3 seconds)

B. Mobility

Push-up plank to shoulder extension on parallette or boxes
10 repetitions
<https://www.youtube.com/watch?v=FBqJU7k6-w8>

C. Specific

5 Scap pulls
10 Slam ball
10 Sit-up drill <https://www.youtube.com/watch?v=zKXJlj32bws>
30 seconds Deep Goblet Squat hold (bottom)

A. Weightlifting

12-10-8-6
DB Bench Press @70/50lbs x2
25/25' Overhead Banded KB carry

Rest 2-3 minutes

Scaling Options

Beginner:

Heavy but unbroken DB bench press
Unbanded KB OH carry

Intermediate:

DB bench press @ heavy

Goal: Upper body strength hypertrophy + OH stability

Here is a bit of upper body hypertrophy, paired with some overhead stability, which equals a functional type of body building. Athletes will have to be careful NOT to hit the upper limits of their bench press, as the later rounds will be greatly affected by the OH banded KB carry.

Bench press: When it comes to benching DB's, athletes will need to work a little bit harder to stabilize the DB's. Maintaining a neutral grip should help with this.

Banded KB OH carry: <https://youtu.be/LoOcymGFFMo>

B. Conditioning

Rowing session

1K @ warm up pace

5 x 500m Sprints

Easy 250m between each set @ damper 1

Scaling Options

Beginner

1K @ warm up pace

5 x 300m Sustained

Easy 200m between each set, damper 1

Intermediate

4 x 500m sprints

Easy 250m between each set @ damper 1

Goal: Aerobic speed Endurance

Aerobic training is an important part of our capacity to recover and increase our work capacity in more intense training bouts, this is why we have been including it so much lately. If athletes have HR monitors on their watches, it would be good to have them switch to a view where they can witness their own HR and understand a bit more about HR training zones.

This week, we go shorter distances with an active recovery between rounds.

- The speed on the first 1K has to be slow. This is a warm-up.

- Every 500m should be done above 90% of your max speed, but not all out. You should be able to fully recover during your 250m of rowing.

-Make sure during the 250m Your technique does not change. This is not a full rest, but an active recovery.

Accessory / Extra 3 sets

12 Lying face pulls
24 Pull aparts

Lying face pulls: https://youtu.be/alqbK1Nt_BA

PROGRAMMING

WEEK 3



MONDAY - OUTLINE

Warm up

A. General Continuous Tabata *2 intervals per movement -Bike, Ski, or Row -Beat swings -Scap pulls -Hanging Leg raises (to L-sit)	B. Activation 2 sets -7 Banded W-Y -7 Banded T pull aparts -7 Banded DB press's *Mini band around the elbows. Have athletes actively press out against the bands to create torque in the shoulder.	C. Specific (Metcon) Low ring snap pulls: 5 x 1-3 - Between each set complete 5 cal row. Encourage athletes to make the angle on the rings harder and harder each round https://youtu.be/8hyFcJpW8hM
A. Gymnastics 21-15-9 Strict hspu 1:30 recovery machine of your choice between sets Scaling Options Beginner: 15-12-9 Banded pike HSPU or DB Strict press, seated Intermediate: Each set performed in max 3 sets or 1:20, 1:00, 45 sec caps of HSPU Perform 21-15-9 Cal Row Strict hspu Rest 1:1 15-12-9 Cal Assault bike, arms only Deficit hspu	Goal: Gymnastics pressing strength endurance We have altered the format from the Perform version to better suit the class and as a result we have the ability to recover on the machine in order to focus more fully on the strict hspu. This is a day where it is imperative to understand and emulate the intended stimulus in training. Because if we look at all workouts as tests or competition, then today is a workout where we could potentially miss out on a lot of work. The example is if an athlete goes unbroken they may risk burnout in the later rounds on the strict hspu, so for the score's sake it would be much better for an athlete to pace appropriately to avoid burnout and increase intensity. Today this is not the goal, the goal is to go as unbroken as possible as a TRAINING method in order to increase pressing strength endurance. NOTE: Your scaling methods today should involve strict forms of pressing, preferably overhead. For the most part, athletes should not be scaling a strict hspu with a kipping today. DB presses should be strict. Hspu: Weight distribution We want to see the athlete's forearm perpendicular to the ground and a comfortable elbow angle in the bottom. Like the feet in the squat, the hands in the hspu become important to observe proper weight distribution. The athlete's entire palm and fingers should have equal weight distribution, sometimes we see the index finger and thumb come up off the floor, which is good because it shows the athlete is attempting to externally rotate the shoulder, but it is bad for positioning. To fix this, we can cue athletes to slightly externally rotate the fingers at a 45 degree angle.	
B. Metcon Amrap 15 30/25 Cal Row 9/6 Ring mu TC: 15 min Score: Rounds and Reps Scaling options: Beginner: 20/16 Cal row 6 Assisted strict pull ups Intermediate: 30/25 Cal Row 5/4 False grip Ring pull ups or Band assisted SRMU Perform: 30/25 Cal Row 12/9 Ring mu	Timing: - Advanced: 3-4 rounds - Beginner: 2-3 rounds With this workout, we want to improve transferable skills, with a high volume round of a row and a ring mu we are essentially using posterior chain and upper body pulling/pushing endurance to allow athletes skill transfer to things like ring muscle ups and posterior chain dominant movements while under fatigue. It would be a big mistake to sprint a strength endurance workout, so there is a simple tool we can use to have athletes resist this temptation. We should plan for each round to get faster as we go, even if athletes "take it easy" on the first round, this will be more effective than going full send. If we make the goal for athletes to make each round faster, this would be an 'over cue' to appropriate pacing, because what we are actually trying to teach is consistency, we shouldn't actually expect the rounds to get faster. What we are trying to avoid in a strength endurance workout like this one is muscle burnout. As long as athletes avoid this, they will be fairly consistent. Rep scaling guidelines: RMU must not be done in more than 3 sets Notes: Beginners: Goal of today's full training session for Push + Pull, hence why the RMU is scale as a pull only Intermediate: strength gain: Hence why the RMU has a scale of False grip ring pull up OR Band assisted strict RMU Advanced: Goal is Pull push endurance, With part A being push and part B being row (pul) RMU (pull + push) Row: Breathe! Remember to focus on breathing, this is a crucial thing to do for endurance training. A lot of athletes make the mistake of breathing with their stroke rhythm, this is too fast and they will actually cause more fatigue this way. A good goal is to separate the breath from the stride or stroke on the machine and breathe at a rate that allows the athlete to do the same work intensity or volume but keeps the athlete as relaxed as possible. Coaches should start to visually see the relaxation that happens with longer breaths over more strokes or strides while the athlete is able to hold the same pace. Ring mu: Snap Pull: Opposing force A muscle up is a powerful movement and in order to create power we use opposing forces over continued forces, opposing forces would be pushing the floor downward with our legs in order to generate upward force on a barbel- like in the deadlift. This is crucial and the reason why the snap pull point of a muscle up is so important for coaches and athletes to understand as depicted in the drill below. Athletes will work on snapping the rings back between finishing the beat swing and initiating the pull in the opposite direction (forward). This backward jaring of the rings should propel athletes forwards with even more force than if they were to simply pull themselves up on the rings.	
Accessory / Extra 4 sets 12 Bent over DB Row (Neutral grip) 12 alternated Elbow plank + knee to elbow** Rest as needed between sets **On floor or on Swiss ball		

TUESDAY - OUTLINE

Warm up

A. General Bike/Row 30 seconds 25' samson stretch lunges Bike/Row 60 seconds 25' Banded Monster Walk https://youtu.be/8SSYSIpQqrM	B. Mobility Lateral banded hip mobilization + knee drive 2 sets of 10-15 knee drive/leg https://www.youtube.com/watch?v=99pb0NnE4Kw	C. Specific 2 sets 8 Banded Abduction glute bridge + 2-3 sec pause 5 Tempo squats @ascending + 3sec down https://youtu.be/3wOe8qNmpec
A. Weightlifting Back squat 5 @ 65% 5 @ 75% 5+ @ 85% 5+ is a max effort TC: 9 min Score: Final set reps Scaling Options Beginner 4x5 @ lightly ascending Intermediate + Perform As Written	Goal: Squat Strength Building from the last squat cycle, In the next 3 weeks, we will get through The Jim Wendler 5/3/1 squat progression in order to improve athletes strength. We start this week with 2 sets of 5 as a glorified warm-up or build up and then max reps at 85%. Next week we will do the same thing with sets of three, and the last week with 5-3-1 reps respectively. Each week the % will increase. Athletes will need to fight hard mentally to squeeze out the last few reps while maintaining tension. We do not want athletes to be bringing this to a point of failure, this might mean one more good rep to stroke the ego, but it will negatively affect the rest of this training week and possibly the next. All of the effort and work should go into maintaining technique and movement mechanics, once this breaks down there's no point to performing any sort of reps because we will not be stimulating strength gain in this particular situation. We only adapt positively under good mechanics. Gut check A simple lack of core tension from the initiation point as well as during the squat can be even a sole inhibitor to a squat. A squat should always be a fight and should never be a relaxed movement, especially with a bar on an athlete's back. Now some athletes fake this tension, by hyperextending at the low back causing a massive arch in the lumbar spine as well as causing the chest to puff out. This creates a massive amount of tension in the low back, but inadvertently shuts off the primary muscles of the core in the abdominals. As a result the pelvis naturally get pulled out of position as the body reaches a depth that requires balanced tension. The fix is to get your athlete to a proper stance width, then to cue the athlete to keep their abs tight before they squat, like they're going to take a punch to the gut. Maintaining this tension will get rid of the hyperextended low back and allow the athlete to fight more appropriately for position.	
B. Metcon Every 4 minutes for 16 minutes 15/12 Cal Air Bike/ 200m Run 21 RKBS @ 32/24 9 Power Clean @155/105 KG:70/45 KG TC: 16 min Score: Slowest Interval Scaling Options Beginner 10/8 Cal Air Bike/ 100m Run 21 RKBS @ 16/12 kg 9 Power Clean @95/65 Intermediate 15/12 Cal Air Bike/ 200m Run 21 RKBS @ 24/16 kg 9 Power Clean @135/95 Perform Every 4 minutes for 16 minutes 15/12 Cal Echo Bike 12 Deadlift @155/105 9 Power Clean @155/105	Timing: - Advanced: -2:30 minutes/round - Beginner: -3 minutes/round In this variation of the workout DT, we have deviated from the Perform version to ensure that the athlete's posterior chain is not entirely crushed, because it's only Tuesday. Given this, today's workout is specifically designed to tax the post chain, responsibly for the class athlete. The monostructural component will simply create cyclical time under tension with tired legs from the previous session, The KBS will continue the time under tension with added dynamics, the Power clean will ask for speed and stability in the post chain. As athletes work through the three movements within the interval, there will be more force per rep required as we advance movements. The weight on the KB + bar should allow athletes to go unbroken. the goal being to get at least 1 minute of rest in each interval, with a gradual building in intensity each round. Monostructural: Consistency. Sustained effort. Athletes should go for a sustained effort, we don't want to see too many energy spikes on the machine. Just a steady pace. Russian KBS: Relax the shoulders Some athletes hold a lot of tension in the shoulders and traps during kb swings and actually put force into pulling the kb. This is very ineffective and causes unnecessary fatigue. If we can keep the scap pinned to our spine, we should think about relaxing the shoulders in order for them to move freely overhead. Driven predominantly from the hip extension of the posterior chain. Power Clean: Brush, don't bang We want to focus on being efficient with our bar path today, in order to have minimal wasted efforts. One way to address the issue of linear deviation without sounding like a broken record is through footwork. Often the bar bangers have pretty terrible footwork, and since footwork is directly tied to the athleticism of the lift, athletes will want to dial this in. In cycling the bar back down to the ground, we can focus on having the same weight distribution as we do in a kettlebell swing when receiving the bar from toes to heels, ensuring that the body is positioned with the chest over the bar as we receive it with straight arms. As we extend back against the weight of the bar, on the way up in the second pull, we are going to want to see the heels elevate slightly and the whole foot slide out to receive the bar back on the heels. Sliding the feet out and bringing them back in is important in the footwork even with such a light barbell.	
Accessory / Extra GHD Reverse hypers 3 x 20 Rest 60 sec between sets		

WEDNESDAY - OUTLINE

Warm up

A. General For 4 minutes 30 Seconds Jog/High knees 30 seconds light wallball	B. Activation 2 sets 5 Hollow body Band lat pull downs 5 Hollow body Scap pull + press against box https://youtu.be/iu7CjzonbZE	C. Specific 10 Bar mu skill transfer: Sit-up drill https://www.youtube.com/watch?v=zKXJlj32bws 10 Jumping BMU (for setup & practice)
A. Gymnastics 18-12-6 Bar mu 1:30 recovery on the machine of your choice TC: 12 min Score: Time Scaling Options Beginner 21-15-9 Body Rows 1:30 recovery on the machine of your choice Intermediate 15-9-6 Jumping BMU 1:30 recovery on the machine of your choice Perform 21-15-9 Bar mu	Goal: Gymnastics Power endurance Here is a gymnastics piece identical in format to Monday's strict hspu, but very different in stimulus as a lot more effort per rep will be needed in general. The bar mu is a very power oriented movement, where the strict hspu is mainly strength endurance. As the machine will allow for recovery, the legs will be uptaking a lot of general energy. Athletes will not be fresh for the Bar mu. The goal will become to maintain smooth and powerful reps throughout the entire workout. Athletes should be encouraged to drive with the hips to initiate the turnover, but the timing must be accurate, meaning athletes will need patience through the glide swing. Hips to bar Many athletes fail to get the hips high enough, especially when we experience fatigue. We want to focus on attempting for each and every rep to mirror each other with a focus on an aggressive hip drive that brings the hips as close to the bar as possible, because we know that the shoulders will slingshot around the hips if the hips get high enough. A mistake made at this point is athletes sacrificing their hollow and over extend their back to 'fling' the hips to the bar, once we lose the hollow we lose the translation of power. So when the hips get to the bar athletes should still be in a tight hollow looking forwards- towards the toes. At this point when we transition, we see a fault where athletes will pull against the bar just a little bit too early and their hips will travel back down. At this point, we want a continuous pull keeping the bar in the front pants pockets.	
B. Metcon 10 Rounds for time 6 Burpee over Box @ 30/24" 6 DB push press @ 50/35lbs x 2 6 Wallball @ 30/20 lbs or 20/14 above 10' KG:22.5/15 KG TC: 16 min Score: Time Scaling Options Beginner 7 rounds 6 Burpees / Burpee plate jump 6 DB push press @ 25/15lbs x 2 6 Wallball @ 14/10 lbs Intermediate 6 Burpee over Box 24/20" 6 DB push press @ 35/25lbs x 2 6 Wallball @ 20/14 lbs Perform N/A	Timing: - Advanced: 12-15 minutes - Beginner: 14-16 minutes Here is a simple but effective triplet. These will be high intensity speed rounds, we are looking for athletes to actually send it at 90% effort each round. We need to realize in a workout like this, letting up isn't pacing, it is a choice to hold back. We often speak about being conservative in the approach to training paces, but today caution should be thrown to the wind. Obviously technique shouldn't be approached with a reckless abandon, we want to see athletes able to stay consistently fast over the taller burpee box jump overs and have enough juice to demolish the rest of the round with smooth reps. Remember that "smooth is fast" and we can still give 100% effort with sound mechanics. This is the most efficient way. Beginners will likely need to adjust this focus to a more conservative approach on movement mechanics. But because the reps are so low they can include the speed focus in their transitions. You shouldn't see any athletes lingering in transition today. Burpee box jump overs: Rep tempo There are many ways to perform a burpee box jump over, we should pick whichever uses less energy for us and each person is going to be different here because we all have different lever lengths. The bigger deal for this movement is rep tempo. The idea isn't to expend energy, it is to move as quickly as possible, there is a difference. Think "smooth is fast". DB push press: Speed A lot of athletes actually underestimate the DB push press because we are used to strict movements when it comes to DB's overhead. At this load and with the use of the legs, athletes should be ready to cycle reps very quickly. Focused on catching with the legs using a similar stretch reflex, but in a vertical plane, to the kb swing. When the DB's leave the shoulders athletes should be focused on squeezing the triceps to the ears to maintain seamless pressure into the DB's and finish in a full ROM lockout overhead. Wallball: Smooth is the only way you can't rush this movement so as a coach this is where you want to make sure athletes stay consistent with technique and how they throw. There is very little to gain by trying to rush this so athletes should try to minimize the effects of this movement on their heart rate. Shorter athletes need to position themselves so that the ball isn't forcing their necks to crank up which constrains breathing. Taller athletes want to catch the ball high to squat it faster. More competitive athletes may start to squat as the ball lowers (as long as it doesn't slam them down).	
Accessory / Extra 3 sets 8 dual DB pull-over deadbugs + Iso adduction :30 seconds beast planks + Iso adduction 8 Deficit adduction glute bridges + pause	Dual DB pull overs + Iso adduction: https://youtu.be/OjbQXCVZhy4 Beast Plank: https://youtu.be/OtWzN39WNDc	

THURSDAY - OUTLINE

Warm up

A. General

30sec Bike/Row/Ski/100m Run
10 Banded Squat pull throughs*
10 Banded Y pulls

*<https://youtu.be/1RMra9ZyCpc>

B. Mobility

T-spine extension on wall or floor
5 x 10 sec stretch + 5 sec relax
<https://www.youtube.com/watch?v=Lr0jrKKkQ2M>

C. Specific

3 Hang power snatch
3 Low hang power snatch (below knee)
3 Snatch balance
3 Tempo snatch

A. Weightlifting

Snatch

EMOM 12

Min 1-3: 2 @50%

Min 4-6: 2 @65%

Min 7-9: 1 @75%

Min 10-12: 1 @80%+

TC: 12 min

Score: Weight

Scaling Options

Beginner

EMOM12

2 Snatches

Intermediate + Perform

As Written

Goal: Snatch Intensity

The goal here is to increase athlete's efficiency in the heavy snatch. The final three minutes are ascending from 80%, make sure they are not close to failure.

Focus on the three phases of the lift:

- Maintain full post chain tension from the set up, through the first pull. This means from the hamstrings to the scapula.
- Focus on committing to the extension with speed and maintaining a straight line on the barbell.
- Finally, pull under with aggression and confidence.

Think vertical

In order to move the bar completely vertically, we will have to ensure that it stays close initially. We see some intermediate athletes get into the habit of banging the bar with the hips, this is usually due to an afterthought to create power after the bar has drifted away and there is space between the bar and the body at midhigh- the crucial power position. Rather than attempt, usually unsuccessfully, to plan to correct a movement flaw, we should attempt to prevent it. In order to keep the bar close we want to see athletes pull the bar towards the body with the lats (not the arms) during the first pull. Before this point, the scap must be engaged. In setting up, before initiating the first pull, we must ensure that we have properly engaged the scap in order to keep the bar close on the way up, and even to transition under the bar more effectively. It is with this upper body, isometric engagement, where we will see athletes able to maintain a straight bar bath from the first through the second pull, to allow for the most ideal energy transfer from the legs.

B. Metcon

"Christine"

3 Rounds for Time

500 meter Row

12 Deadlifts @ Bodyweight

21 Box Jumps 24/20"

TC:15 min

Score: Time

Scaling Options

Beginner

3 Rounds for Time

250 meter Row

12 Deadlifts @ 60-75% body weight

115/75

18 Box Jumps 20"/plate

Intermediate

3 Rounds for Time

500 meter Row

12 Deadlifts @ 75-85% body weight

21 Box Jumps 24/20"

Timing:

- Advanced: -11:00 minutes

- Beginner: 12-15 minutes

First off, athletes need to be smart on the rower, this makes up for the largest chunk of the workout. Second area of focus is going unbroken on the Deadlifts and Box jumps with a moderate pace on the first 2 rounds. Sprint through the entire third round. If the athlete cannot pick up their pace on the final round, they likely went out a little bit too hard. This workout is very pull/post chain dominant, there will be a high intensity but the reason for an athlete to slow up their intensity will likely be the post chain muscle burn.

Beginners must slow down and focus on strong mechanics.

Row: Tension in the chain and the legs...not in the arms

Feel the tension in the chain and the legs, not in the arms. This will prevent athletes from over gripping and wasting energy creating tension where it is unnecessary. Even more specifically, you want to actually see the hands relaxed with the handle resting in the fingertips and the thumbs tucked under the palm. This will allow athletes to place their tension more effectively in the lats, feeling better transfer of force.

Deadlifts: Hip hinge

A lot of intermediate athletes that learn a lot about weightlifting will return to a deadlift and their hips will be way to low, this works well in a snatch and even a clean, but for a deadlift we lose all of our leverage by placing our hips low to attempt to squat the pull. We are looking for maximal hamstring engagement and minimal movement. This works best with lighter deadlifts, maintain the trunk as an iron rod and lock that in, then simply hip hinging back and forth, the hips looking as if they are on a horizontal track, to move the load up and down.

Box jumps: cycle

Box jumps cycling could be dangerous for the athlete, so if athletes are not comfortable they should take measures to link reps together safely, like stepping down, after a while the step down can get quicker until they are ready to progressively attempt to rebound.

Rather than rebounding or going dead on the floor we can have athletes pay attention to the weight distribution in our feet. So when we come down from the top of the box, we will land both feet on the floor simultaneously. In order to stay loaded through the post chain, we will initially land on the balls of the feet and immediately rock our weight back to the heels, leaving us in a post chain loaded position (think KB swing). Now we are ready to jump right into the next rep- effectively holding tension in the post chain between reps.

Accessory / Extra

3 sets for quality

8 DB Bench Press

20 Banded Skull crushers

15 Banded standing angels

Rest 60 seconds

FRIDAY - OUTLINE

Warm up

A. General EMOM 6 Odd-8- 15 burpees Even - 10-16 Plate in and outs	B. Mobility PNF Pigeon stretch 5 repetitions - 5 seconds contraction, pushing against the floor with your leg - 5 seconds stretch, moving your upper body toward the floor	C. Specific 3 Clean pulls 3 Tall muscle cleans 3 Tall Clean onto plates* 3 Scoops into clean** 3 Pause front squats * https://youtu.be/GWTuJwVfVjI ** Pull the bar from the top of the knee to power position 2-3 times before perform the clean
A. Weightlifting Clean EMOM 12 Min 1-3: 2 @50% Min 4-6: 2 @65% Min 7-9: 1 @75% Min 10-12: 1 @80%+ TC: 12 min Score: Weight Scaling Options Beginner 2 Cleans Intermediate As Written Perform: Clean + Split Jerk EMOM 12 Min 1-3: 2+2 @50% Min 4-6: 2+1 @65% Min 7-9: 1+1 @75% Min 10-12: 1+1 @80%+	Goal: Clean Intensity Like yesterday's Snatch, the goal here is to increase your athlete's efficiency in the heavy Clean. The final three minutes are ascending from 80%, make sure they are not close to failure. Athlete's can power or squat, whatever gets them through. Focus on the three phases of the clean: - Maintain full post chain tension from the set up, through the first pull. This means from the hamstrings to the scapula. - Focus on committing to the extension with speed and maintaining a straight line on the barbell. - Finally, pull under with aggression and confidence. Squeeze the glutes and quads together at the extension Hips: We want to see the hips fully extend, but without putting horizontal force into the barbell. If the bar drifts away from the athlete's body and you hear the barbell rattle loudly, odds are the athlete is putting too much force into hip extension. Knees: The knees play a larger factor than most athletes are aware of, because the conversation usually happens around the hips. We need to see the knees extending just as much as we need to see hip extension, to produce optimal vertical force behind the barbell. If the knees are left bent, this is often another sign of overusing hip extension. Remember this type of athlete is going to need some cuing to wake up the quads, "finish on the toes" "squeeze the knees" and "push the floor away" are good places to start as far as cuing goes. Ankles: We don't actually want to see the ankles fully extend, that would be unrealistic and detrimental to the lift. It would specifically cause too much time lost in transition from the 2nd to 3rd pull, but more importantly it would cause a more unstable extension. We want to see the toes push the floor away as a follow through to the hip and knee extension, therefore we should only see the heels elevate 1" at most.	
B. Metcon 21-18-15-12-9-6 Thrusters @ 95/65lbs TTB KG:45/30 KG TC: 18 min Score: Time Scaling Options Beginner 18-15-12-9-6 Thrusters @ 45/35lbs Hanging Knee Raise Intermediate Thrusters @ 75/55lbs Toes to eye level Perform: N/A	Timing: - Advanced: -10 minutes - Beginner: 12- minutes Like the open workout 14.5, but with TTB subbed for burpees, essentially turning the dynamic press into an isolated pull. This should be much faster this way. However, there will be a high demand in the shoulders in both movements, the TTB creating a lot of force through this joint and the muscle that surrounds it. Athletes will want to make up for this with the use of more legs in the thruster so the arms are only guiding the bar to lockout and not actually pressing, legs can tend to cause more speed and higher intensity. So push hard with the legs and relax and breathe as much as possible on the ttb. Keep in mind, as the reps decrease into the 9's, athletes may want to pick up the pace, as a result of this, you should see much more tension in the body as the rep cycle speed increases. Beginners may want to think about doing V-ups if they have even the slightest shoulder immobility in a workout like this. Thruster: Rest overhead Further to pushing more with the legs, we need to attempt to keep our bar efforts unbroken given the weight on the bar and leave the pace management to the burpees. Picking the bar back up will be difficult today. A good tactic when our legs fatigue and our heart rate gets out of control is to pause with the bar overhead, taking one big breath to calm ourselves and get back on track with our reps. TTB: Slow is smooth, smooth is fast We want to see nice, tight and elegant swings to avoid any extra strain on the grip. A narrow grip helps to reduce stress on the shoulder and any undesired pulling and allows athletes to really use their swings and the inertia created by it.	
Accessory / Extra Iso dynamic bent over row 3 x 6/6 @heavy		

SATURDAY - OUTLINE

Warm up

A. General

3 rounds
30 sec Jumping Jacks
30 seconds
round 1: Inch worms
round 2: scorpions
round 3: Spiderman stretch

B. Mobility

PVC shoulder dislocate
10-12 Repetitions
<https://youtu.be/j32NGzthtN4>
-As close as you can while maintaining lock out and retraction in the scap

C. Specific

2 sets
20 seconds Double unders
10 Jumping air squats
5 push-up to downward dog

Then,

Build up Devils press + step ups

A. Metcon

EMOM 32 for max reps
Alternate between:
- Double Unders
- Devil Press @ 50/35lbs x 2
- DB step ups @ 24/20", 50/35lbs
- Rest

TC: 32 min
Score: Total Reps

Scaling Options Beginner

- Single Unders
- Devil Press @ 20/10lbs x 2
- Box step ups
- Rest

Intermediate

- Double Unders
- Devil Press @ 35/25lbs x 2
- DB step ups @ 24/20", 35/25lbs x 2
- Rest

Perform
N/A

Team workout

In teams of 3

7 Rounds for time

9 Synchro Plate Devil Press @ 25/15 lbs
21 Alternating box jumps @ 24/20"
45 Synchro Plate goblet squats

Accessory / Extra

Shoulder + Hip Health Accessory

Banded glute bridge + pull down
3 x 10 @ slow and controlled

Coach:

Do athletes really do better taking short breaks with smaller sets? Do they really accumulate more reps in the long run by going as unbroken as possible? What's more efficient for which athlete?

When the metcon begins, the grind gets real as an athlete, but as a coach, the bulk of your work is finished. You have prepared, communicated, and interacted with your athletes and now it's time for your athletes to take over and do what you've shown them. As a coach it can be difficult to understand what to do in order to still be effective during a metcon, at this point, beyond ensuring athletes are moving safely. It's not like we should be interrupting athletes' workouts to educate them on stimulus and ideal movement patterns, this work is done ahead of time. The above questions can keep a coach occupied for a long time during a metcon, walk around with these types of questions in mind, coaching is not a one way conversation, as we've said before. It's mainly about observation and understanding, it may seem backwards, but the observation you do in a metcon can assist your coaching greatly on the next day. Assuming you see the same athlete again. But even if that's not the case, you can still learn a lot from paying attention, REALLY paying attention to the group as a whole. So, watch their body language today, give them specific goals based on the above question and see what works for them.

Today's workout is a strength endurance burner, the movements cascade from fast to slow. This plus a rest at the end will allow for many different approaches, but it will allow for higher intensities than you would normally see over this time span.

Double unders: Slow jump, smooth spin

A double under is a movement that is heavily weighted on coordination, the definition of coordination is the athletes ability to relax musculature at the right times. Think about an athlete that is super tense and looks as if they could squat 1,000lbs, now picture that athlete with a rope in their hands. They are probably going to be very stiff and uncoordinated. We want to be fluent and relaxed in order to spin the rope faster and time it correctly to our jump. So breathe to relax, maintain a straight line with your torso when you jump, and then spin the rope ONLY, hard and fast with the fingers and wrists, everything else is nice and relaxed, especially the shoulders.

Devils press: Drive the hips

Athletes should be aware of the hips here. Nice long arms will help to incorporate more hip extension, when we pull with the arms too early, we kill some of the power through the floor. Sometimes athletes will be forced into an early arm pull because the hips shoot up too high after the jump up, forcing the load of the DB's to be solely supported by the upper body. For an effective hip drive with this movement, athletes should concentrate on keeping the hips low enough to use the legs out of the jump up. Exactly where the hips should be in this movement, will depend on limb lengths, just be aware of the issues at play and make it work for your longer limbed athletes who may struggle a little bit more with this concept in practice.

DB Step ups: Consistency is speed

In order to be fast on these, athletes need to be consistent with the way they are completing reps. Whether we pivot at the top, or side step over the box, we should be hitting the same spots with our feet each and every rep. Consistency is speed.

<https://youtu.be/IWYJhFPZEVs>

SUNDAY

Warm up

A. General 2 min Run 1 min Machine -Gradually building pace from easy to hard	B. Mobility Piked runners calf pedals 60s	C. Specific 50'/arm Bottom Up KB Carry 5/5 Dead Bug KB Pullover 5/5 Single leg RDL + Knee drive (Hold the knee drive for 2 seconds)
A. Weightlifting Push press 5 @ 65% 5 @ 75% 5+ @ 85% 5+ is a max effort TC: 9 min Score: Final set reps Scaling Options Beginner 4x5 @ Across Intermediate + Perform As Written	Goal: Pressing Strength This is our pressing day of the 3 week progression. Building from the last pressing cycle where we did bench press, In the next 3 weeks, we will get through The Jim Wendler 5/3/1 push press progression in order to improve athletes upper body pressing. We start this week with 2 sets of 5 as a glorified warm-up or build up and then max reps at 85%. Next week we will do the same thing with sets of three, and the last week with 5-3-1 reps respectively. Each week the % will increase. Athletes will need to fight hard mentally to squeeze out the last few reps while maintaining tension. We do not want athletes to be bringing this to a point of failure, this might mean one more good rep to stroke the ego, but it will negatively affect the rest of this training week and possibly the next. All of the effort and work should go into maintaining technique and movement mechanics, once this breaks down there's no point to performing any sort of reps because we will not be stimulating strength gain in this particular situation. We only adapt positively under good mechanics. Think vertical Athletes should focus their efforts here more on the dip being controlled by the legs. If we keep our core braced and the bar driven by the legs, the arms just become a guide to reinforce a linear bar path. This should allow the advanced athlete to relax the grip as to engage upper back contraction more thoroughly. With the weight of the bar naturally pressing down on the athlete, the arms will need to finish each and every rep with a smooth follow through in order to maintain constant upward pressure on the bar. Everything remaining vertical.	
B. Metcon 5 rounds, each for time 200m Run 500m Machine of Choice Rest 3 minutes between sets TC: 27 min Score: Fastest Interval Scaling Options Beginner 100m Run 300m Machine of Choice Intermediate As Written Perform N/A	Timing: - Everyone: -3 minutes per round Goal: Anaerobic threshold Endurance This training is basically energy system play, where we will go in and out of Anaerobic and aerobic systems with the goal in driving anaerobic capacity adaptations. Meaning, hopefully your athletes can sustain maximal efforts for longer periods of time. - The speed on the first run must be at 90% - Every 500m should be done aggressively, but not all out. You should be able to fully recover during your 3 minute rest. -Make sure your lungs and legs are burning when getting onto the Machine, this transition should be the most difficult part.. NOTE: Timing is for a rower as the machine of choice. If athletes use a bike for this, they should at least double the distance.	
Accessory / Extra 3 sets 10 Strict TTB 60 sec/side Star plank Rest 30 sec	Star Plank: https://youtu.be/zhKplxE-5o	

PROGRAMMING



WEEK 4

MONDAY - OUTLINE

Warm up

A. General Amrap 5 6 step ups / Box jump 6/6 Single arm Push press 20 Seconds/side PNF lat stretch on floor https://www.youtube.com/watch?v=2F-wH4sDFho	B. Specific <i>Jerk Drills</i> 5 btn dip hold 5 btn elbow rotations 5 btn Push press + pause in ext. 5 drop jerk 5 Push press from the split 3 tempo split jerks 3 tempo split jerks @ light weight
A. Weightlifting Jerk Every 2 minutes for 10 minutes 3 @70-80% TC: 10 min Score: Weight Scaling Options Beginner 3 @ light Intermediate As Written Perform E2MOM x 5 3 @80%, accross	Goal: Upper pressing power When the bar resides in the front rack the athlete's shoulder blades are generally far apart, forcing a dynamic demand in creating upper back tension. Beginner athletes should focus on reducing tension through their grip in order to gain tension through the upper back while driving to lockout. Advanced athletes can actually be cued opposite, in that they should be looking to squeeze the bar, adding torque through the shoulders by attempting to break the bar in half as we drive to lockout. All athletes should return the bar to the shoulders with elbows just underneath the bar using the shoulders as a start point, think of it like a launching pad where we generate our force from. Controlled eccentric initiating with zero forward inclination of the torso and a concentric drive upward along the same vertical line. TnG Jerks: If athletes are looking to go TNG, they should be sure to feel a smooth return of the BB to the shoulders. In order to initiate the descent of the BB, simply move your elbows forward and let the body absorb the load. To avoid being pulled forward, focus on staying tall and rooted through your heels. Stick the landing No matter what style of jerk used, keep in mind that most weightlifting technique issues can be traced back to the foundation: footwork. In the jerk an aggressive, strong landing can make up for a lot of inefficiencies. After athletes drive against the bar with an aggressive hip extension, we want to see an aggressive punch against the bar that maintains the pressure into the bar through the hands through this transition, dynamically pressing into a confident receiving position.
B. Metcon 4 rounds, for time 40 wall balls @14/10 lbs 30 Box jump + step down @24/20" 20 DB snatch @50/35 lbs KG:6/4, 22.5/15 KG TC: 20 min Score: Time Scaling Options Beginner 30 wall balls @10/8 lbs 20 Box jump + step down @20/plate" 10 DB snatch @25/15 lbs Intermediate 30 wall balls @14/10 lbs 20 Box jump + step down @24/20" 20 DB snatch @35/25 lbs Perform 5 rounds @RPE 7 40 wall balls @14/10 lbs 30 Box jump + step down @24/20" 20 DB snatch @50/35 lbs	Timing: - Advanced: -18 minutes - Beginner: 18-20 minutes @RPE 7 The goal today is speed endurance, with the lighter than usual wall ball, and high rep with low force across all movements, athletes should think about moderate pace and intensity on each round, focused on consistent cycle speed. Because, in reality this is about sustainable speed, not maximal speed. That said, due to the lack of disruption from movement to movement, athletes will be able to sustain faster paced than they might be used to. Going from the DB Snatch back to into the wall balls will be interesting, athletes cannot underestimate these simply because they are lighter- there are still 160 reps, a rather tempting trap in today's workout, by design. The recommended rule of thumb here, for sustainability, is simply to do what allows the athlete to go unbroken for the wall ball. Where the box jumps should be smooth and a way for athlete's to breathe, recover, and get the heart rate under control. Herein lies the next trap, going hard on the box jumps just because they can will be a mistake for almost any athlete here as there is not much to gain this way. We want to see athletes keeping their legs moving at a consistent pace as they are being utilized in different ways. Wall balls: Elbows to the ribs Keeping the elbows tight by the ribs when absorbing the ball and descending into the squat will allow for a stable receiving position and a strong squat. Coaches should watch that athletes are keeping their elbows under the ball during the eccentric portion of the wall ball. Box jumps: Consistency Consistency will be important for both versions of box jumps, but the box jump over requires more coordination therefore its a good idea for athletes to find the most ideal variation for their needs. It's not necessarily the fastest or the slowest that will be more consistent, and consistency breeds speed. DB Snatch: Stay relaxed This cue sounds weird when it's not directed at a machine, a run, or double unders, you obviously don't want to see an athlete relax their torso. However, in the name of sustainability, athletes should try and actually slow down cycle time slightly in order to bring their overall fatigue down. Watch their facial expressions, make sure they are staying calm and breathing. Remember that one side can relax, while the other works. Focus on transferring the weight from foot to foot.
Accessory / Extra Feet elevated plank + band pull 3 x 10/10	Goal: Core + Shoulder stability https://youtu.be/8P5ODnvaH-o

TUESDAY - OUTLINE

Warm up

A. General 3 min Shuttle run @ 25' EMOM: 3 burpees 3 V-ups	B. Mobility PNF hamstring stretch 5x/leg 5 seconds contraction, pushing against the band with your foot 5 seconds stretch, pulling your foot back https://www.youtube.com/watch?v=1RohXn9h21c	C. TTB timing drill (Pre-Power) https://youtu.be/O9y2LxpcdRg 3 sets 3 Pause V-ups* 5 TTB timing drill *Pause in the hollow position on the way down for 2 seconds, then TnG on the hands and feet on the floor into the next rep simultaneously.
A. Metcon 5 rounds for time 15 Deadlift @135/95 12 CTB 8 Burpees to target KG: 60/45 Kg TC: 15 min Score: Time Scaling Options Beginner 15 Deadlift @75/55 12 Jumping Pull Up 6 Burpees Intermediate 15 Deadlift @115/75 12 Pull Up 8 Burpees to tagret Perform 5 rounds for time 25' DB Front Rack Lunges @2x50/35 lbs 12 CTB 8 Burpees to a target	Timing: - Advanced: - 8mins - Beginner: 10-15 mins Here's a classic style triplet, the workout of the week, sort of speak. This is a nicely balanced, push/pull combination that we've altered from the Perform version in a way that may seem more difficult, but allows for slightly more intensity. Yes, our goal in this workout is a gymnastics push pull strength endurance, Although this is a full body workout, the aim is to hyper focus on the upper body, which will be taxed from a pull, push, and isometric perspective. Athletes should focus on breathing and relaxing the shoulders where they can. Keep in mind the value of simple movement for a workout like this, if athletes are missing range of motion, the benefit of the simplicity is lost. The athlete who diligently becomes stronger through ring rows/controlled jumping CTB pull-ups is generally going to progress much more effectively than the athlete who rushes their progression in getting up on the pull-up bar, essentially turning each training day into a skill practice day. Beginners should be focused on strength development just as much as the rest of the athletes and visa versa. Chase the stimulus, not the movement. Deadlift: Be Smooth Make sure athletes not only hit ROM, but use it towards the rep rhythm. Picking up the barbell should be done right away each round. CTB: Hollow Body Take a good look at how athletes set their lower bodies and how that can have an effect on their swing. Ideally we want to see nice pointed toes with a hollow body when they touch their chest but that's not always the case (or very rarely). An athlete can have a successful swing in the kipping C2B without necessarily having the feet pointed and in front. What's most important is if the athletes can keep their body hollow and the center of mass (We can keep a hollow body and bend our knees, just think of when we scale the hollow body hold on the ground, we ask members to tuck their knees in slightly). If an athlete's feet are behind them but they're keeping a good swing, it means their hips and center of mass are under control. If your athlete's feet are behind them and their hips are behind the bar THAT's where we'll cue athletes to bring their feet forward and point their toes. It'll force a lower body engagement and a good ol' butt squeeze which helps control the center of mass. Burpees: Be fast Generally speaking, we are focused on consistency when it comes to burpees because their metabolic value is so potent. For today, it's going to be important to consistently maintain a faster pace then you normally would.	
B. Power 5 sets 5 TTB Rest 30 seconds 6 Slam balls @ 50/30 lbs Rest 30 seconds 10 Hard pulls on the Rower @damper 10 Rest 60 seconds KG: 22.5/14 KG TC: 16 min Score: Max Wattage Scaling Options (all rest the same) Beginner - 5 Hanging Knee Raise - 6 Slam balls @ light - 10 Hard pulls on the Rower Intermediate - 5 Toes to eye level - 6 Slam balls @ 30/20 lbs - 10 Hard pulls on the Rower @damper 10 Perform 6 sets 3 BMU Rest 30 seconds 6 Slam balls @ 50/30 lbs Rest 30 seconds 10 Hard pulls on the Rower @damper 10	Goal: Upper Power Threshold Here we use the contrast method to develop upper speed and power. There should be no movement that is overly taxing on it's own here. The challenge is in maintaining the force per rep in each and every rep across all 6 sets. This should not be another metcon, we already did that today. In order for athletes to truly gain a power threshold stimulus, the movements must be easily done unbroken, the challenge lies in putting force into each rep. Modify this as needed for certain athletes, where it makes sens since the stimulus is power, don't be afraid to scale reps back. This is a great opportunity to get athletes to challenge themselves in the TTB specifically, if they generally do the toes to a certain height in a metcon, the goal today should be to consistently get beyond that height. So, a great workout to try actual TTB for the first time. TTB- Combination Try and Keep the legs straight and have the body move back with as much force as possible when driving the toes to the bar. Slam ball- Speed It's easy to dog this one. Don't. Slam the ball as hard as you can. Every. Single. Rep. IF you do not have slam balls you can replace this movement with: - Medball situp toss to wall - Weighted V-up to toe touch with medball - BMU (3 reps) Rower- Force Try and beat your wattage from the previous set each time. There will be a natural peak to this somewhere between set 3-5.	
Accessory / Extra 3 rounds 30 sec Hollow body rocks 30 sec Hip extension hold on GHD		

WEDNESDAY - OUTLINE

Warm up

A. General Row 2mins 2 rounds 5/side lying clam shell 10 alternating cossack squats https://youtu.be/LM4eV8AjOKo	B. Mobility Goblet squat hold + shift 3 x 10 seconds stretch/ankle. Stand up for 5-10 seconds before the next set https://www.youtube.com/watch?v=ShvTpCsgTiW	C. Specific 6 Tempo back squats @30-50% (4.1.X.1) 40sec easy row 6 tempo back squats @ 60% (3sec down) 40sec easy row
A. Weightlifting Back Squat 3 @ 70% 3 @ 80% 3+ @ 90% 3+ is a max effort TC: 9 min Score: Weight Scaling Options Beginner 3x3 @ ascending weight Intermediate & Perform As Written	Goal: Squat Strength Wendler 5/3/1 This is the second week of the squat progression, the 3's. We used this cycle specifically for the fitness phase, athletes having to perform multiple reps at a high percentage. Over this strength cycle, we will start to experience progressive overload in action as intensity goes up. This means that errors will be magnified under this heavier load, so hopefully our athletes have understood and had a chance to practice and implement our points of performance from earlier weeks and are focused and disciplined with those today. As we've said before: it is important to look for vertical lines, in bar path, hip movement, and torso angle. Usually we use this thinking for weightlifting movements (snatch, clean & jerk) but today, as athletes fatigue, you may notice the body start to find ways around the resistance of the bar (le: Hips shooting up faster than the barbell), when we want to keep everything directly underneath the bar, either actively supporting the load on the way down or driving up hard against the load on the way up. Driving hard THROUGH the weight of the bar will be important with today's load for acceleration on the way up in the concentric phase of each rep. Athletes will need to fight hard mentally for this. Speed in the Ascent To create speed in the ascent we can begin to relate the lift to a typical movement in a sport like a body check or kicking a soccer ball. When an athlete would like to produce force to accelerate an object, the force must be intended to be driven beyond the object, because in order to move an object, the force must be greater than the object. This is why we often hear powerlifters yelling, "Drive!" at their athletes and training partners, to transfer this concept into the barbell. Therefore, to create speed in the barbell, the athlete has to picture pushing the floor away so aggressively that they are attempting to drive their torso through the bar. With a strong core and stable midline, the athlete has the opportunity to create large amounts of acceleration.	
B. Metcon 10 rounds for time 10 HSPU 10 Front Squat @135/95 lbs 15/12 Cal Row KG: 60/45 KG TC: 20 min Score: Time Scaling Options Beginner 6-8 rounds 10 DB Push Press 25/15lbs 10 Front Squat @75/55 lbs or empty bar 10/8 Cal Row Intermediate 10 Piked HSPU 10 Front Squat @115/75 lbs 15/12 Cal Row Perform As Written	Timing: - Advanced: -18 minutes - Beginner: 18-20 minutes Goal: Upper press and squat strength endurance At first glance this workout looks light and easy but 10 rounds is a lot of volume that can get you breathing fairly heavy. Athletes may find this to get metabolic quickly (although for some, the HSPU may slow them down quite a bit). Keep in mind that the upper back is going to be on tension and under demand in every single movement today. Watch for upper back fatigue gradually creeping up in athletes here who lose their scap engagement. They will appear more and more rounded in the upper back as the movement goes on during the row and more likely on the front squat. There is a trap here and that is moving too quickly on the "easier" movements. You can rush the front squats and row hard, but this means you'll get back on the pushing really quickly, so if strict HSPU are a weakness the way you treat the other movements can make or break you. That said, if you are great at hspu, you MUST push the pace on the other movements. Hspu: Coordinate the hands and feet The goal of the kipping hspu is to use the kip in order to press with more ease, similar to the push press and the press. With no floor to push off of with the feet, we see a lot of athletes struggle with timing the kip appropriately, you should see the athlete lockout the knee and have the elbow quickly follow this. Coordinating the hands and feet are going to be a very crucial aspect for the athlete, so make sure to watch the knee and the elbow lockout timing, this will allow you to give very objective cuing and feedback for athletes struggling with timing. Front Squat: Pull the elbows apart These reps should feel like air squats today as far as fatigue goes, but keep in mind this feeling may lead some athletes to neglect certain mechanics that they normally wouldn't be able to with a heavy bar. Watch the elbows, as the nature of all the other movements may cause a fatigue in the upper back, causing athletes to become lazy and rounding their upper backs in the front squats. In a lot of athletes, this is highlighted in the elbows collapsing inward, cuing them to pull their elbows apart will help engage the scap more effectively in this particular case. Also, watch the super fast athletes, some of them may miss the lockout at the top, this cannot be sacrificed for speed, so ask them to keep a tempo in mind, rather than just swinging for the fences. This will not only help them lockout, but it will keep them more consistent as far as pacing goes. Row: Consistency. Sustained effort. Athletes should go for a sustained effort, we don't want to see too many energy spikes on the machine. Just a steady pace.	
Accessory / Extra Prone angels 3 x 60 seconds effort Rest 60 seconds between sets		

THURSDAY - OUTLINE

Warm up

A. General

3 rounds
10 Banded good mornings
3 Inch worms
10 second Band pull apart hold in extension

B. Mobility

Tall kneeling banded internal rotation stretch
10/10 * Pause for 1 second at the top of each rep

<https://youtu.be/ThluzxROSBw>

C. Ring dip positions

3 unbroken sets
10-15 second ring support hold
5-10 second bottom of ring dip hold

The goal is to see the athlete lower into the dip hold from the support position with the hips traveling the same distance as the shoulders.

A. Gymnastics

5 rounds for quality
15 Ring Dips
20 Band Pull apart
rest 1:00 between rounds

TC: 20 min
Score: Chackmark

Scaling Options

Beginner

5-7 Assisted Ring Dips
20 Band Pull apart

Intermediate

10 Assisted Ring Dips
20 Band Pull apart

Perform

N/A

Goal: Upper strength endurance

We're using the ring dip and focusing on the quality of the reps and the consistency of the ROM. The hips move DOWN and the chest stays high. Please reduce the reps as necessary, scaling back the movement if at least 10 unbroken is not maintainable each set.

The band pull apart is to add a layer of exhaustion to the stabilizers of the ring dip.

Balance

Further, any deviation from the center of the rings in the upper body must be matched on the opposite side by the lower body. For instance, if you are watching an athlete from the side and you see their head lean forward, you should see their hips, legs, and toes on the opposite side of the rings as far away as the head and shoulders.

A lot of crossfitters will have an over pronounced pike in the hip causing the legs to appear 'droopy' which adds dead weight to the movement. The body should be as connected as a pvc pipe. If you lean one end in one direction, the other end must travel in the opposite direction.

B. Metcon

G.I. Jane
For Time
100 Burpee Pull Ups

TC: 10 min
Score: Time

Scaling Options

Beginner

50 Burpee Jumping Pull Ups

Intermediate

75 Burpee Pull Ups/jumping pul ups

Perform

N/A

Timing:

- **Advanced: -7 minutes**

- **Beginner: 7-10 minutes**

Kickin' it Old School, take off your shirts and shoes, put on your board shorts and send it!

This is a fun, nostalgic (for some) workout that really takes its toll. Obviously 100 reps is a lot, you will want to discourage going extremely hard out the gate, however some athletes may make the mistake of going too slow. You can get 100 reps done a lot sooner than you think. Look at the timing and have athletes hold a pace they think they can for that much time rather than that many reps. Think about this like a higher intensity 7 mins of straight up burpees.

Coaches should be mindful of the different variations used in a workout like this:

-burpee into strict pull-up

-burpee into kipping pull-up

Burpee pull-ups- Essentially, you want to divide your focus across two simple movements, the burpee to target and the pull-up and decide which style is best for your particular athlete. The strict pull-up version will require a more significant jump to be effective and will tax the athlete more metabolically. The burpee into kipping pull-up will slow the athlete down but be more consistent for most.

Hand placement

It is important to note that the hands should be placed ahead of the pull-up bar on the floor, not directly underneath it. By placing the hands directly underneath the bar, the athlete will have to plant their feet out of the burpee alongside their hands, this is a large effort jump and unnecessary. If we place the hands ahead of the target, athletes will have a much more natural jump where the feet will land about half the length of their body to plant them firmly and directly under the target. This will help mitigate a lot of inefficiencies in the transition of combining the two movements.

For advanced athletes, help them to make this as smooth and consistent as possible.

For beginners, you can consider further scaling by separating the burpees and pull-ups where they do rounds of 10 and 10 or even 5 and 5.

Accessory / Extra

3 sets

2 round
1:00 Machine of Choice
6 Shuttle sprints @ 25' (150' Total)

Rest 2 minutes between sets

FRIDAY - OUTLINE

Warm up

A. General

4 mins of Tabata, Alternating between:

- Pause wall ball
- Russian KBS
- Curtsy lunges
- Rotating Scorpions

B. Activation

- 2 sets
- 3 Banded Y-pulls + 7 Banded OHS
- 7/7 Snatch grip Single Leg RDL's
- 7 Muscle snatch

A. Weightlifting Drills

- Bang Bang Drill
- 5 Snatch lift off + Pause
- 5 Snatch Lift off to the knee
- 5-10 Scoops
- 5 Scoop + jumps
- 3-5 Slow motion first pull into jump
- Slow motion first pull into power snatch

In this piece, our two main teaching focuses will be on the setup position and on the bar path, specifically, the bar path between the knees and the hips. The version of "Athena" we are doing will focus on the snatch and the movements preceding the snatch in each round are designed to pre-fatigue the hip & knee extension in both the anterior AND posterior chain. The setup and the bar path are the two preceding elements to the second pull/leg drive so the athletes focus will be about setting up for success. The nature of this workout dictates athletes' attention to the importance of the leg drive and speed in the snatch so taking the time before intensity to build up from the beginning will most likely give the athletes a running start.

Band Bang drill: Fun way to prime the CNS and focus on auditive feedback: https://youtu.be/qQFG1L92_3o

Snatch lift off + Pause: The pauses here cannot be too long since many will struggle to maintain this position. It is an extremely demanding position requiring lots of flexibility therefore pauses should be quite short and athletes can do many reps of this but give them a bit of a break after 3-4 so they can stand up and get some relief. The lift off with an empty bar means the athlete setup with the bar at mid-shin and drives the bar up about 2 inches. You are looking for some knee extension but no hip extension. The angle of the torso should barely change and the hips and shoulder rise together.

Snatch Lift off to the above knee: The athletes here perform just like the lift off but all the way to the knee. The athletes should feel much less strain in this drill. You're looking for a bit more knee extension and a slight change in torso angle.

Scoops: After the lift offs, the scoops should feel really nice for the athletes, there is much less strain on the back here. Athletes here focus on brushing the bar along their legs. They begin above the knees where we should see something close to the bottom of a kbs and they should bring the bar up towards the power position which should resemble something close to the bottom of the push press. Remember that this is a naturally occurring movement when athletes perform a leg drive so do not over complicate this specific portion, just talk about feeling the bar close. Watch this: <https://youtu.be/FNUVMg26D6E>

Scoops + Jumps: This drill is about making the leg drive natural and explosive. Don't over explain, demonstrate the fluidity of the bar moving towards the hip to a jump. Remember that the scoop (double knee bend) is a natural occurrence of when the athlete prepares to generate vertical momentum from a hinged position.

Slow motion pull into jump: Here we're simply focusing on the setup and tension at the very beginning, maintaining it throughout the slow motion pull, feeling the bar until it get to the very top (power position_ and jump from there. No pull with the arms.

Slow motion first pull into power snatch: Athletes will put everything together.

B. Metcon

Young "Athena"
EMOM 20
Min 1- 10 Wallballs 30/20
Min 2- 15 KBS 32/24kg
Min 3- Max Rep Power Snatch @70%
Min 4- Rest

TC: 20 min
Score: Total Reps of Snatch

Scaling Options

Beginner

Min 1- 10 Wallballs 14/20
Min 2- 12 KBS 16/8kg
Min 3- Max Reps Power snatch @ repeatable singles
Min 4- Rest

Intermediate

Min 1- 10 Wallballs 20/14
Min 2- 15 KBS 24/16kg
Min 3- Max Rep Power Snatch @70%
Min 4- Rest

Perform

EMOM 20
Min 1- 5 Wallballs 30/20 + 3 High BJ
Min 2- Max Reps Power snatch @ 75%
Min 3- 5 KBS 32/24kg + 3 High BJ
Min 4- Max Reps Power clean & Jerk @ 75%

Goal: Power Endurance

Athena: A Deka Benchmark
Goddess of reason, wisdom, intelligence, skill, peace, warfare, battle strategy, and handicrafts.

This is a great name for this particular benchmark. This is one of Deka's classic power endurance formats where we focus on the contrast of low intensity speed and high intensity force production.

The goal is simple, to focus on producing as much force and speed as possible per rep. However, this will come down to the power snatch with the wall ball and the KBS acting as a pre-fatigue. The max rep power snatch it's game on, while we conserve energy and bide our time during the other movements with as much rep efficiency as possible.

NOTE: Yes, we've done wall balls earlier in the week, but they were very light and high volume, today we do the opposite as a training tool. If your gym doesn't have enough 30 lb med balls, you can throw the 20 to 10' +

Wall ball: Drive the hips through the ball

Today is unlike a Metcon, we want to literally see the athlete produce as much force as possible per rep. This means we should be watching the hips control the ball well on the way down because we need to establish a strong base for our movement. But once this has been established and it's time for the concentric drive, we should see the hips drive with as much speed as possible into the ball through the middle of the rep.

KBS: Relaxed shoulders, elastic energy.

A lot of athletes start to pull the KB with their shoulders in the KB swing before their hips have extended, like the early arm bend in the olympic lifts, this limits the effectiveness of the hip extension. Do not underestimate the power of the hips. Athletes should be as relaxed as possible in the shoulder to produce more tension in the post chain to extend the hips. This will allow us to utilize elastic energy, like if every time the athlete drew her hips back it was like an archer drawing back a bow to load the bow string with tension. Cycling with load and release, load and release.

Power Snatch: Leg drive

As we focus on leg drive and speed through the middle in the previous preparatory section, it is only natural to progress to a focus on contact. The bar must make contact with the hips as soon as the torso reaches a vertical orientation. Like a ball bouncing across the ground, the closer the ball to the ground previous to the bounce, the less likely the ball will bounce away from the ground and the further it will travel due to the force behind it. So physics tells us the bar must remain as close to the body as possible, without dragging against it before contact so that it remains close after contact. In order to accomplish this, we will need to see athletes keeping their shoulders above the bar on the lift off. Finally, at the point of the power position until the bar makes contact with the hip crease, the legs must actively drive the floor away vertically and aggressively. We should see the knees and hips extend fully and at the same time at the apex of the lift.

Accessory / Extra

Odd Object Carry
Accumulate 200' @ RPE 9/10

SATURDAY - OUTLINE

Warm up

A. General 3 rounds 10 cal Machine 10 No hook, no contact muscle snatch 10 Plank to	B. Mobility T-spine extension on wall 6 x 10 sec stretch, breathe heavily while holding the stretch https://www.youtube.com/watch?v=LrOjrKKkQ2M	C. Specific 3 sets @ 30-50% 5 cal machine 4 Bar facing burpees 3 Slow Low hang Snatch high pull 3 Hang Muscle snatch
A. Metcon Amrap 30 10/6 Cal Bike/Row 20 Bar facing Burpees 15 Hang Snatch @75/55 lbs KG:35/25 KG TC: 30 min Score: Rounds and reps Scaling Options Beginner 8/5 Cal Bike/Row 12 Burpees 15 Hang Snatch @45/35 lbs Intermediate & Perform As Written	Timing: - Advanced: 7+ rounds - Beginner: 5-7 rounds It's no secret that today's workout is going to be long and grueling, the type of workout that most CrossFit communities love to do. All this means is that we know it will be fun and effective, as we train through our fitness phase, this workout has the elements of familiarity of common movements with the more unfamiliar 30 min timeframe. So our goal today is to have some fun with a lower intensity higher volume throwdown, in order to gain muscular endurance. More specifically, we will fatigue the lungs and then the upper body leading into each round of light hang snatches. The goal is to do the snatches unbroken every round, athletes should pace accordingly. Machine: Sustained but hard effort We can't afford to go at full capacity here because it will simply take too much of a toll on our system. Ask members to pick a cadence that will allow them to breathe well but work at a consistent power output. We want to see a cadence that reflects the strength level of the athlete. The stronger they are, the more they can breathe but push harder per stroke. The lighter and more aerobic athletes should look to have a higher cadence with less force per stroke. Burpees: Be Gentle Athletes should think about being gentle on our push off with the arms and relaxing their core as this dynamic force has the potential to exhaust the upper body. Instead we should be thinking about reducing core tension and using footwork, we want consistent foot placement with a rhythm from rep to rep. Hang snatch: Smooth slide It's very tempting here for athletes to bang the bar against the thigh, we've discussed this a lot with barbell cycling but it seems to be most apparent in the hang power snatch specifically. We want to see a smooth slide down the thigh, from the hip to mid thigh and back. It seems like a long time, but in reality it's only a couple inches and a lot more efficient for athletes to optimize leverage.	
Team Workout Teams of 2 1:30 on, 1:30 off for 30 min AMRAP30 7/5 Cal Bike/Row 7 Bar facing Burpees 7 Hang Snatch @75/55 lbs Partners switch every 1:30, 1 partner works while 1 rests. Score: Combined rounds and reps	Coach: Have Fun :)	
Accessory / Extra 8 rounds of Tabata (4mins) 20 seconds on/10 seconds off Side plank hip raises -Alternate sides each interval		

SUNDAY

Warm up

A. General

3 rounds
EMOM 9
alternate between:
-45 sec row @ increasing intensity
-20 sec skipping + 10/10 sec KB
windmill
-20 sec banded moon bounds + 20
sec object carry @ ascending

<https://youtu.be/BFXHi8IMKDe>

B. Mobility

PNF Pigeon stretch
5 repetitions
- 5 seconds contraction, pushing against the floor with your leg
- 5 seconds stretch, moving your upper body toward the floor
<https://www.youtube.com/watch?v=QQPiREsGaQY>

A. Metcon

Every 2 minutes for 42 minutes
Alternate between:
- 250/200m Row
- 40 Double unders + 25-50' HS Walk
- 15 Box Jump over + 50' Sandbag/odd
object Carry on shoulders

TC: 42 min
Score: Total HSW/Carry distance

Scaling options

Beginner

- 200/150m Row
- 30 Single unders + 25-50' OH Plate
Carry @25/15lbs
- 7 Box Jump + 50' Sandbag/odd
object Carry on shoulders

Intermediate

- 250/200m Row
- 40 Single unders + 2-4 Wall Walks
- 10 Box Jump over + 50' Sandbag/odd
object Carry on shoulders

Goal: General capacity

At no point in this workout should athletes feel completely exhausted. They have to feel good all the way through and should reduce volume as needed. They should have at least 30 seconds of rest in each interval. So athletes will go on 2 minutes alternating movements every 2 minutes for 42 minutes or 14 rounds, whichever comes first lol.

This workout is purposefully about overkill, the role of a workout like this is more mental than physical. Endurance training is extremely important and often underutilized in a class setting. This workout will allow athletes to feel better in future workouts by comparison.

Row: Tension in the chain and the legs...not in the arms

Feel the tension in the chain and the legs, not in the arms. This will prevent athletes from over gripping and wasting energy creating tension where it is unnecessary. Even more specifically, you want to actually see the hands relaxed with the handle resting in the finger tips and the thumbs tucked under the palm. This will allow athletes to place their tension more effectively in the lats, feeling better transfer of force.

Double unders: Relax & breathe

HS walk: Squeeze the glutes

A handstand walk is centered around the core, when we loose core tension, the movement becomes exponentially more difficult. If we squeeze the glutes in reaction to lost core tension, it will help us regain control over the movement. If we initiate the movement with our glutes engaged, we will be creating tension isometrically through the core, making the actual dynamics of walking on our hands more easily managed. Just like today's strength in the bulgarian split squat press.

Box jump over: Rep tempo

There are many ways to perform a burpee box jump over, we should pick whichever uses less energy for us and each person is going to be different here because we all have different lever lengths. The bigger deal for this movement is again, rep tempo. The idea isn't to expend energy, it is to conserve it and keep moving. Think smooth is fast.

Object carry: Move forward

Some athletes will feel the weight of the object more than others, as they sustain longer efforts as they get fatigued, you can recognize these athletes as they will get smaller and smaller under the compression of the load. Have them focus on moving forward, because as they get smaller, you will notice they also become slower as a natural response to avoiding the fatigue.

Accessory / Extra

100 sit-ups

*Every time you break complete a :30
Second plank



BONUS PROGRAM BY JARRETT SMITH



WEEK 1

MONDAY

RING MUSCLE-UP BENCHMARK	For Time 30 Ring Muscle-ups Time Cap: 10 Minutes
CLEAN	For Max Load 1 Deadlift 1 Clean 1 Hang Clean 1 Jerk
«DT»	5 Rounds For Time 12 Deadlifts 9 Hang Power Cleans 6 Push Jerks Barbell: (155/105) Time Cap: 12 Minutes REPEAT FROM 7/24/20
ROW INTERVALS	1,200 Moderate, 600 Easy 1,000 Moderate, 500 Easy 800 Moderate, 400 Easy 600 Moderate, 300 Easy 400 Moderate, 200 Easy 200 Moderate, 100 Easy Moderate: 2K Pace + 5-10 Seconds Easy: 2K Pace + 15-20 Seconds REFER TO 2K ON 11/16/22
ACCESSORY [BACK & BICEPS]	For Quality 70 Barbell Bent Over Rows 50 Reverse Barbell Curls 30 Inverted Barbell Rows

TUESDAY

DOUBLE UNDER BENCHMARK	For Time 300 Double Unders Time Cap: 8 Minutes
FRONT SQUAT	1RM
«THE PARENT TRAP»	[On the 0:00] For Time 45 Front Squats @weight(135/95) On the Minute 7 Bar-Facing Burpees [On the 10:00] For Time 1 Mile Run [On the 20:00] For Time 45 Burpee Box Jump Overs (24»/20«) On the Minute 7 Toes to Bar
SKI ERG INTERVALS	10 Rounds 1 Minute On 1 Minute Off
ACCESSORY [MIDLINE]	5 Sets 20 Dumbbell Weighted Sit-ups 20 Dumbbell Seated Z-Press Rest 1 Minute Between Sets

WEEK 1

WEDNESDAY

ROPE CLIMB BENCHMARK	For Time 10 Rope Climbs (15') Time Cap: 10 Minutes
DEADLIFT	5RM
«INDIVIDUAL QUARTERFINALS 22.1»	For Time 50 Dumbbell Walking Lunges 30 Handstand Push-ups 40 Front Rack Walking Lunges 20 Deficit Handstand Push-ups (3.5»/2») 30 Overhead Walking Lunges 10 Strict Handstand Push-ups Dumbbells: (50/35)'s Time Cap: 15 Minutes
ECHO BIKE INTERVALS	5 Sets 5 Minutes at Moderate Pace (85-95% FTP) 1 Minutes Rest REFER TO FTP ON 11/19/22
ACCESSORY [CHEST & TRICEPS]	On the 2:00 x 5 Sets 10 Dumbbell Bench Press Directly Into... On the 2:00 x 3 Sets 30 Barbell Floor Press

THURSDAY

REST

WEEK 1

FRIDAY

GHD SIT-UP BENCHMARK	For Time 100 GHD Sit-ups Time Cap: 7 Minutes
PUSH JERK	1RM
«OPEN WORKOUT 15.5»	27-21-15-9 Row Calories Thrusters (95/65) Time Cap: 14 Minutes
BIKE ERG INTERVALS	5 Sets 4 Minutes at Moderate Pace (4-5 RPE) 2 Minutes at Easy Pace (2-3 RPE)
ACCESSORY [SHOULDERS & LEGS]	4 Giant Sets 20 Strict Press 20 Front Rack Box Step-ups (20«) Rest 1 Minute Between Sets

SATURDAY

HANDSTAND WALK BENCHMARK	For Time 300' Handstand Walk Time Cap: 10 Minutes
SNATCH	For Max Load 1 Hang Power Snatch 1 Power Snatch 1 Hang Squat Snatch 1 Squat Snatch
«THE SYD SPECIAL»	[On the 0:00] 12-9-6 Power Snatch (115/85) Bar Muscle-ups [On the 10:00] 21-15-9 Power Snatch (75/55) Chest to Bar Pull-ups
RUN INTERVALS	1400 Meters at Easy Pace (RPE 2-3) 1000 Meters at Fast Pace (RPE 5-6) Rest 4 Minutes 1000 Meters at Easy Pace (RPE 2-3) 600 Meters at Faster Pace (RPE 7-8) Rest 4 Minutes 600 Meters at Easy Pace (RPE 2-3) 300 Meters at Fastest Pace (RPE 9-10)
ACCESSORY [GRIP & POSTERIOR]	3 Giant Sets 30 Barbell Wrist Curls 20 Dumbbell Death March (Steps) 1 Minute Dead Hang Rest 1 Minute Between Sets

WEEK 2

MONDAY

HANG SNATCH	On the 2:30 x 6 Sets: Set 1: 3 Reps @ 63% Set 2: 3 Reps @ 73% Set 3: 2 Reps @ 78% Set 4: 1 Rep @ 83% Set 5: 1 Rep @ 86% Set 6: Heavy Single Attempt
FLOATING SNATCH GRIP DEADLIFT	5RM
«SAGER'S WAGER»	5 Rounds For Time 60 Double Unders 15 Overhead Squats (115/85) 3 Rope Climbs (15') Time Cap: 20 Minutes REPEAT FROM 12/18/21
GHD + LUNGE	For Time 90 GHD Sit-ups 30' Back Rack Walking Lunge 30' Front Rack Walking Lunge 30' Overhead Walking Lunge Barbell: (115/85) Time Cap: 10 Minutes
ECHO BIKE INTERVALS	8 Rounds 3 Minutes at Moderate Pace (85-95% FTP) 30 Seconds Rest Between Rounds REFER TO FTP ON 11/19/22

TUESDAY

POWER CLEAN	1RM
DEADLIFT	On the 3:00 x 5 Sets 1 Rep @ 83% @calc(83, Deadlift, 1)
«DONNY»	21-15-9-9-15-21 Deadlifts @weight(225/155) Burpees Time Cap: 20 Minutes REPEAT FROM 4/11/22
HANDSTAND WALK + BIKE ERG	On the 3:00 x 5 Rounds Handstand Walk Max Bike Erg Calories Round 1: 100' Handstand Walk Round 2: 80' Handstand Walk Round 3: 60' Handstand Walk Round 4: 40' Handstand Walk Round 5: 20' Handstand Walk
PRESSING ACCESSORY	[For Time]: 21-15-9: Strict Ring Dips Dumbbell Floor Press (70/50)'s Push-ups On Dumbbells



WEEK 2

WEDNESDAY

PUSH PRESS	On the 2:30 x 6 Sets Set 1: 3 Reps @ 83% Set 2: 8 Reps @ 63% Set 3: 3 Reps @ 83% Set 4: 8 Reps @ 63% Set 5: 3 Reps @ 83% Set 6: 8 Reps @ 63%
BACK SQUAT	Back Squat
«JACKHAMMER»	2 Rounds For Time 1,000 Meter Run 50 Thrusters (45/35) 30 Chest to Bar Pull-ups Time Cap: 20 Minutes
D-BALL + STRICT HANDSTAND PUSH-UP	[Partition However] For Time 30 D-Ball To Shoulder (150/100) 30 Deficit Strict Handstand Push-ups (2»/1«) Time Cap: 10 Minutes
ROW INTERVALS	Every 2 Minutes x 9 Sets Set 1-4-7: 400/350 Meter Row @ 2K Pace + 8 Seconds Set 2-5-8: 400/350 Meter Row @ 2K Pace + 4 Seconds Set 3-6-9: 400/350 Meter Row @ 2K Pace REFER TO 2K ON 11/16/22

THURSDAY

REST



WEEK 2

FRIDAY

HANG CLEAN & JERK	On the 2:30 x 6 Sets : Set 1: 3 Reps @ 63% Set 2: 3 Reps @ 73% Set 3 : 2 Reps @ 78% Set 4: 1 Rep @ 83% Set 5: 1 Rep @ 86% Set 6: Heavy Single Attempt
«OPEN WORKOUT 14.4»	AMRAP 14 60 Calorie Row 50 Toes to Bar 40 Wall Balls (20/14) 30 Cleans (135/95) 20 Ring Muscle-ups
SKI + SANDBAG CARRY + BENCH	[15 Minute Cap] For Time 30-20-10 Calorie Ski Erg 150-100-50 Sandbag Carry Feet (150/100) 15-10-5 Bench Press (Bodyweight)
OLY STRENGTH ACCESSORY	On the 3:00 x 3 Supersets 10-12 Barbell Romanian Deadlifts 10-12 Wide Grip Strict Pull-ups
MIDLINE X GRIP ACCESSORY	3 Rounds For Quality 60 Second Side Plank (Right) 30 Second Double Plate Pinch 60 Second Side Plank (Left) 30 Second Double Plate Pinch

SATURDAY

POWER SNATCH	For Time 300' Handstand Walk Time Cap: 10 Minutes
STRICT PRESS	
«THE 5 STAGES OF CHIEF»	5 Rounds x AMRAP 3 3 Handstand Push-ups 6 Power Snatches @(95/65) 9 Box Jump Overs (24»/20») Rest 1 Minute Between Rounds
SHUTTLE + LEGLESS	
EMPTY BARBELL BURNER	8 Rounds 20 Second Strict Press 10 Second Overhead Hold Directly Into... 8 Rounds 20 Second Front Squats 10 Second Squat Hold Barbell: (45/35)

WEEK 3

MONDAY

POWER CLEAN	3RM
OVERHEAD SQUAT	On the 2:30 x 6 Sets Set 1: 6 Reps @ 70% Set 2: 4 Reps @ 73% Set 3: 2 Reps @ 75% Set 4: 6 Reps @ 73% Set 5: 4 Reps @ 75% Set 6: 2 Reps @ 78%
«SOMETHING OR OTHER»	[10 Minute Cap] For Time 20 Power Cleans 20 Bench Press 20 Overhead Squats Barbell: (185/135)
SKI ERG + GYMNASTICS	5 Rounds For Time 12/9 Calorie Ski Erg 9 Bar Muscle-ups 60' Handstand Walk Time Cap: 15 Minutes
ECHO BIKE INTERVALS	[2 Sets] 6 Rounds 2 Minutes at Moderate Pace (85-95% FTP) 20 Seconds Rest Rest 1 Minutes Between Sets REFER TO FTP ON 11/19/22

TUESDAY

HANG SNATCH	On the 2:30 x 6 Sets Set 1: 3 Reps @ 75% Set 2: 2 Reps @ 78% Set 3: 2 Reps @ 78% Set 4: 2 Reps @ 83% Set 5: 1 Rep @ 86% Set 6: 1 Rep @ 86%
FLOATING SNATCH GRIP DEADLIFT	On the 3:00 x 5 Sets 3 Snatch Grip Deadlifts (Across)
“BLOODY MARY”	AMRAP 20 5 Handstand Push-ups 10 Single Leg Squats 15 Pull-ups [Starting at 0:00] Every 4 Minutes 15 Hang Power Snatches (75/55)
GHD + BIKE ERG	AMRAP 8 50 GHD Sit-ups 50 Calorie Bike Erg 50 GHD Sit-ups Max Calorie Bike Erg
GRIP ACCESSORY	For Time Accumulate 5 Minute Ring Dead Hang [Every Break] 30 Double Unders



WEEK 3

WEDNESDAY

PUSH PRESS	On the 2:30 x 6 Sets Set 1: 3 Reps @ 81% @calc(81, Push Press, 1) Set 2: 10 Reps @ 61% @calc(61, Push Press, 1) Set 3: 3 Reps @ 81% @calc(81, Push Press, 1) Set 4: 10 Reps @ 61% @calc(61, Push Press, 1) Set 5: 3 Reps @ 81% @calc(81, Push Press, 1) Set 6: 10 Reps @ 61% @calc(61, Push Press, 1)
DEADLIFT	On the 3:00 x 5 Sets 3 Reps @ 78%
«CRANKY CHRISTINE»	3 Rounds For Time 700/600 Meter Row 12 Deadlifts @weight(275/185) 21 Burpee Box Jump Overs (24»/20») Rest 3 Minutes Between Rounds Time Cap: 25 Minutes
STEP OVERS + D-BALL CARRY	[5 Minute Cap] For Time 15 Dumbbell Box Step Overs 300' D-Ball Carry @weight(150/100) 15 Dumbbell Box Step Overs Box: (24»/20») Dumbbells: (70/50)'s
PRESSING ACCESSORY	On the 5:00 x 3 Sets 15 Close Grip Bench Press 30 Second Ring Hold (Top) 45 Banded Tricep Push Downs

THURSDAY

REST

WEEK 3

FRIDAY

HANG CLEAN & JERK	On the 2:30 x 6 Sets Set 1: 3 Reps @ 75% Set 2: 2 Reps @ 78% Set 3: 2 Reps @ 78% Set 4: 2 Reps @ 83% Set 5: 1 Rep @ 86% Set 6: 1 Rep @ 86%
«OPEN WORKOUT 13.4»	AMRAP 7 3 Clean & Jerks 3 Toes to Bar 6 Clean & Jerks 6 Toes to Bar 9 Clean & Jerks 9 Toes to Bar ... Add 3 Reps Every Round Barbell: (135/95)
LEGLESS + DOUBLE UNDERS	[10 Minute Cap] For Time 4 Legless Rope Climbs 100 Double Unders 3 Legless Rope Climbs 100 Double Unders 2 Legless Rope Climbs 100 Double Unders Rope: (15')
OLY STRENGTH ACCESSORY	On the 3:00 x 3 Supersets 10-12 Weighted Hip Extensions 10-12 Chest Supported Dumbbell Rows
ROW INTERVALS	Every 2 Minutes x 6 Sets Sets 1-4: 400/350 Meter Row @ 2k Pace + 10 Seconds Sets 2-5: 400/350 Meter Row @ 2k Pace + 4 Seconds Sets 3-6: 400/350 Meter Row @ 2k Pace -2 Seconds REFER TO 2K ON 11/16/22

SATURDAY

POWER SNATCH	3RM
STRICT PRESS	On the 2:30 x 6 Sets 3-4 Bench Press (68-78%) @calc(68-78, Bench Press, 1)
«LUCE»	3 Rounds For Time 1,000 Meter Run 10 Ring Muscle-ups 100 Air Squats Time Cap: 30 Minutes
DUMBBELL SNATCH + HANDSTAND PUSH-UP	3 Rounds For Time 20 Dumbbell Snatches (70/50) 10 Deficit Handstand Push-ups (3.5»/2») Time Cap: 10 Minutes
PULLING ACCESSORY	4 Sets For Quality 20 Unbroken Banded Strict Pull-ups 100 Meter Unbroken Farmers Carry (70/50)'s

WEEK 4

MONDAY

HANG CLEAN & JERK	On the 2:30 x 6 Sets Sets 1-2: 2 Reps @ 73% @calc(73, Clean & Jerk, 1) Sets 3-4: 2 Reps @ 78% @calc(78, Clean & Jerk, 1) Sets 5-6: 1 Rep @ 83% @calc(83, Clean & Jerk, 1)
«DOCE»	3 Rounds x AMRAP 4 27/21 Calorie Row 21 Power Cleans 15 Burpee Box Jump Overs (24»/20») Rest 4 Minutes Between Rounds Round 1: (155/105) Round 2: (135/95) Round 3: (115/85) REPEAT FROM 6/10/22
ROPE CLIMB + BENCH PRESS	5 Rounds For Time 5-4-3-2-1 Rope Climbs (15') 10 Bench Press (Bodyweight) Time Cap: 15 Minutes
OLY STRENGTH ACCESSORY	On the 3:00 x 3 Supersets 10-12 Barbell Good Mornings 10-12 Barbell Bent Over Rows
PRESSING ACCESSORY	3-4 Sets For Quality Max Unbroken Strict Ring Dips 60 Second Weighted Plank Max Unbroken Push-ups Rest As Needed Between Sets

TUESDAY

PUSH PRESS	On the 2:30 x 6 Sets Set 1: 3 Reps @ 78% @calc(78, Push Press, 1) Set 2: 10 Reps @ 58% @calc(58, Push Press, 1) Set 3: 3 Reps @ 78% @calc(78, Push Press, 1) Set 4: 10 Reps @ 58% @calc(58, Push Press, 1) Set 5: 3 Reps @ 78% @calc(78, Push Press, 1) Set 6: 10 Reps @ 58% @calc(58, Push Press, 1)
FRONT SQUAT	On the 2:30 x 6 Sets Set 1: 5 Reps @ 75% Set 2: 3 Reps @ 78% Set 3: 1 Rep @ 80% Set 4: 5 Reps @ 78% Set 5: 3 Reps @ 80% Set 6: 1 Rep @ 83%
«SEVENTH WONDER»	7 Rounds For Time 7 Dumbbell Front Squats 7 Chest to Bar Pull-ups 7 Dumbbell Push Press 7 Toes to Bar Dumbbells: (70/50)'s Time Cap: 21 Minutes
BIKE ERG + LUNGE	[On the 0:00] 38/30 Calorie Bike Erg 150' Dumbbell Suitcase Lunge [On the 5:00] 38/30 Calorie Bike Erg 100' Dumbbell Front Rack Lunge [On the 10:00] 38/30 Calorie Bike Erg 50' Dumbbell Overhead Lunge Dumbbells: (70/50)'s
PULLING X GRIP ACCESSORY	3-4 Sets For Quality 15 Banded Strict Chest to Bar Pull-ups 30 Second Plate Pinch 60 Second D-Ball Bear Hug Hold Rest As Needed Between Sets



WEEK 4

WEDNESDAY

POWER SNATCH	5RM
DEADLIFT	On the 3:00 x 5 Sets 5 Reps @ 73% @calc(73, Deadlift, 1)
«SICK JOKE»	10-9-8-7-6-5-4-3-2-1 Deadlifts @weight(275/185) Handstand Push-ups After Each Round: 30' Handstand Walk Time Cap: 20 Minutes
BAR MUSCLE-UP + SHUTTLE RUN	AMRAP 7 1-2-3-4-5... Bar Muscle-ups 2-4-6-8-10... Shuttle Runs
ROW INTERVALS	4 Sets 200 Meters @ 2k Pace + 10 Seconds 200 Meters @ 2k Pace + 4 Seconds 200 Meters @ 2k Pace + 2 Seconds Rest 2 Minutes Between Sets REFER TO 2K ON 11/16/22

THURSDAY

REST

WEEK 4

FRIDAY

POWER CLEAN	5RM
PUSH JERKS	On the 2:30 x 6 Sets 2-3 Push Jerks (78-88%) @calc(78-88, Push Jerk, 1)
«OPEN WORKOUT 12.4»	AMRAP 12 150 Wall Balls @wallball(20/14)(10'/9') 90 Double Unders 30 Ring Muscle-ups
SKI ERG + GHD SIT-UP	4 Rounds For Time 500 Meter Ski Erg 25 Med-Ball GHD Sit-ups (20/14) Time Cap: 16 Minutes
ECHO BIKE INTERVALS	[2 Sets] 12 Rounds 60 Seconds at Moderate Pace (85-95% FTP) 10 Seconds Rest Rest 3 Minutes Between Sets REFER TO FTP ON 11/19/22

SATURDAY

HANG SNATCH	On the 2:30 x 6 Sets Sets 1-2: 2 Reps @ 73% Sets 3-4: 2 Reps @ 78% Sets 5-6: 1 Rep @ 83%
FLOATING SNATCH GRIP DEADLIFT	On the 3:00 x 5 Sets 5 Snatch Grip Deadlifts (Across)
«SCARFACE»	2 Rounds 8 Power Snatches @weight(175/125) 8 Bar-Facing Burpees
	2 Rounds 8 Power Snatches @weight(155/105) 8 Bar-Facing Burpees
	2 Rounds 8 Power Snatches @weight(135/95) 8 Bar-Facing Burpees Time Cap: 12 Minutes REPEAT FROM 11/29/21
RUN + STRICT HANDSTAND PUSH-UP	On the 2:00 x 8 Rounds 200 Meter Run Strict Handstand Push-ups Round 1: 4 Strict Handstand Push-ups Round 2: 6 Strict Handstand Push-ups Round 3: 8 Strict Handstand Push-ups Round 4: 10 Strict Handstand Push-ups Round 5: 12 Strict Handstand Push-ups Round 6: 14 Strict Handstand Push-ups Round 7: Max Strict Handstand Push-ups Round 8: Max Strict Handstand Push-ups
UPPER BODY BURNOUT	For Time 100 Strict Press 100 Biceps Curls 100 Push Press Barbell: (45/35)

BONUS PROGRAM BY JARRETT SMITH

